

Recreation

ACTIVITY GUIDE

Summer 2016



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www.mhreconline.com



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REALTOR®

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JOSEPHZAHRIYA@KW.COM

JOSEPHZAHRIYA.COM

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Read-for the WIN!

SUMMER READING 2016

@ THE MORGAN HILL LIBRARY

Get in the Game at the Library

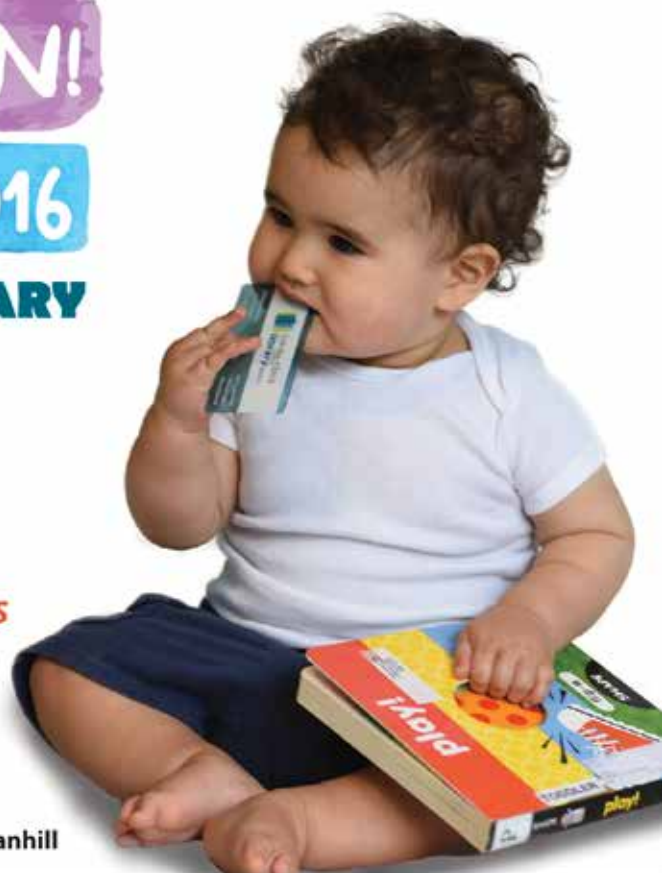
Sign up, read, play,
and win cool prizes!

Register at the library, or online:
www.sccl.org/summer2016

Begins June 1st | FREE and OPEN TO ALL AGES



MORGAN HILL LIBRARY | 660 West Main Ave.
Morgan Hill, CA 95037 | (408) 779-3196 | www.sccl.org/morganhill



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Birthday Parties

Let's celebrate together!

There's fun for all ages in our private, indoor arena with gigantic inflatables. Join us for Family Jump and Special Events as well!

Open Jump

You don't need a party to play at Pump It Up!

Pre-K Jump | Mon/Wed/Fri 10-11:30am (ages 1-6)

Open Jump | Tue/Thu 10-11:30am | Wed. 1:30-3pm
Thur. 3-4:30pm (all ages)

Adventure Parties

Add an Adventure to Your Party!

Enhance your party with one of our many party experiences - **Princess, Superhero, Pirate, Glow or Bubbles**

Toddler Time

Check out our Toddler Area!

Your little ones will love our play area created just for them. A mini slide, cars, hula hoops and imagination blocks provide fun in just their size.

Special Events

We Have Special Events Throughout the Year!

Check our online calendar for fun and exciting special events such as Easter Jump, 'Not So Scary' Jump, Jolly Jump and more!

Pump It Up of Morgan Hill

408.778.4386

pumpitupparty.com/morgan-hill-ca

285 Digital Drive, Morgan Hill, CA 95037

FACILITY AND CONTACT INFORMATION

AQUATICS CENTER

www.mhaquaticscenter.com 408.782.2134

16200 Condit Road, Morgan Hill

Year Round Office Hours:

Monday – Friday 11AM to 1:30PM

Mon, Wed, Fri. 3:30PM to 7:30PM

Closed: New Year's Day, Easter, Thanksgiving Day, Christmas Day

General Information 408.782.2134

Facility Rental 408.310.4301

Swim Lessons/ Splash Aquatics 408.310.4301

Parties/Group Reservations 408.310.4305

| Name | Title | Phone | Email |
|------|-------|-------|-------|
|------|-------|-------|-------|

| | | | |
|-----------------|--------------------|--------------|--------------------------|
| Nick Calubaquib | Recreation Manager | 408.310.4241 | nick.calubaquib@mhrc.com |
|-----------------|--------------------|--------------|--------------------------|

| | | | |
|-----------------|---------------------|--------------|-----------------------------------|
| Sergio Jauregui | Facility Specialist | 408.310.4302 | sergio.jauregui@morganhill.ca.gov |
|-----------------|---------------------|--------------|-----------------------------------|

| | | | |
|-----------|----------------------|--------------|-----------------------------|
| Lisa Rick | Aquatics Coordinator | 408.310.4301 | lisa.rick@morganhill.ca.gov |
|-----------|----------------------|--------------|-----------------------------|



facebook.com/mhaquaticscenter

COMMUNITY AND CULTURAL CENTER AND COMMUNITY PLAYHOUSE

www.mhcommunitycenter.com 408.782.0008

17000 Monterey Road, Morgan Hill

Office Hours:

Monday – Friday 8AM to 5PM

CCC Room Rentals/ Events (by reservation):

Monday – Thursday, & Sunday . . .8AM to Midnight

Friday-Saturday8AM-1AM

Playhouse Rental/ Events (by reservation):

Monday – Sunday 8AM to 11PM

Closed: New Year's Day, Martin Luther King Jr. Day, President's Day, Cesar Chavez Day, Easter, Memorial Day, July 4th, Labor Day, Thanksgiving Day, Christmas Day

General information 408.782.0008

Advertising in Recreation Activity Guide 408.310.4694

Facility Rental/ Event Coordination 408.310.4282

Park/Picnic Reservations 408.310.4250

Playhouse Event Information 408.782.0008

Preschool 480.310.4277

Room Rental 480.782.0008

Special Event Permits/ Sponsorship Opportunities 408.310.4694

| Name | Title | Phone | Email |
|------|-------|-------|-------|
|------|-------|-------|-------|

| | | | |
|----------------------|--------------------|--------------|------------------------------------|
| Debbie Lee-Lazzarino | Events Coordinator | 408.310.4282 | debbie.lazzarino@morganhill.ca.gov |
|----------------------|--------------------|--------------|------------------------------------|

| | | | |
|--------------|---------------------|--------------|--------------------------------|
| Carlos Munoz | Facility Specialist | 408.310.4178 | carlos.munoz@morganhill.ca.gov |
|--------------|---------------------|--------------|--------------------------------|

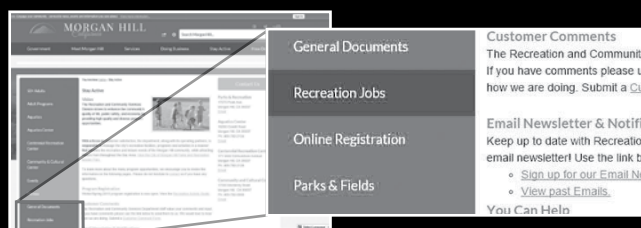
| | | | |
|---------------|-------------------------------|--------------|---------------------------------|
| Jennie Tucker | Community Services Supervisor | 408.310.4277 | jennie.tucker@morganhill.ca.gov |
|---------------|-------------------------------|--------------|---------------------------------|



facebook.com/mhcommunitycenter

Join our Team!

Visit www.mhrecreation.com
and click on "Recreation Jobs"
for more information.



CENTENNIAL RECREATION CENTER

www.mhcr.com 408.782.2128

171 West Edmundson Avenue, Morgan Hill

Hours of Operation:

Monday – Friday 5AM to 10PM
Saturday 6:30AM to 8PM
Sunday 8AM to 6PM

Holiday Hours:

Memorial Day 6:30AM to 2PM
Labor Day 6:30AM to 2PM
Christmas Eve 5AM to 12PM
New Year's Eve 5AM to 12PM

Closed: New Year's Day, Easter, July 4th, Thanksgiving Day, Christmas Day

| | | | |
|-----------------------------------|--------------|---------------------------------|--------------|
| General Information | 408.782.2128 | Programs and Classes | 408.782.2128 |
| Gym Rental | 408.310.4250 | Room Rentals | 408.782.0008 |
| Indoor Swimming Lessons | 408.782.2128 | Senior Center | 408.782.1284 |
| Kid's Club | 408.310.4252 | Special Event Permits | 408.310.4694 |
| Membership Information | 408.782.2128 | Teen Center | 408.310.4273 |
| Party Packages | 408.310.4245 | Youth Action Council | 408.310.4253 |

| Name | Title | Phone | Email |
|--------------------------------|---|------------------------|---------------------------|
| Nick Calubaquib | Recreation Manager | 408.310.4241 | nick.calubaquib@mhcr.com |
| Sandra Diner | Office Assistant II | 408.310.4245 | sandra.diner@mhcr.com |
| Fred Gomez | Facility Specialist | 408.310.4249 | fred.gomez@mhcr.com |
| Caitlin Kozacek | Municipal Services Assistant | 408.310.4250 | caitlin.kozacek@mhcr.com |
| Chiquy Mejia | Youth Development Coordinator | 408.310.4253 | chiquy.mejia@mhcr.com |
| Ashley Munday | Teen Center Program Coordinator | 408.310.4273 | ashley.munday@mhcr.com |
| Mary Hoshiko Haughey | Interim Executive Director, Mt. Madonna YMCA | 408.762.6013 | mhaughey@ymcasv.org |
| Jessica Redfield | Health and Wellness Director/ Membership Director | 408.310.4248 | jessica.redfield@mhcr.com |
| Kolby Rousseu | Health and Wellness Coordinator | 408.310.4244 | kolby.rousseau@mhcr.com |
| Shima Thompson | Kids' Club Coordinator | 408.310.4252 | shima.thompson@mhcr.com |
| Debbie Vasquez | Older Adult Supervisor | 408.310.4254 | debbie.vasquez@mhcr.com |



facebook.com/mhcr

OUTDOOR SPORTS CENTER

www.mhosc.com

16500 Condit Road, Morgan Hill

The Outdoor Sports Center is operated by
Morgan Hill Youth Sports Alliance (MHYA).

Field Scheduling and Reservations 408.778.3900 / reservations@mhosc.com
Advertising Opportunities 408.778.3900 / sponsors@mhosc.com



Recreation Administrative Team

| Name | Title | Phone | Email |
|--------------------------|--|------------------------|----------------------------------|
| Chris Ghione | Director | 408.782.9154 | chris.ghione@morganhill.ca.gov |
| Nichole Martin | Community Services Coordinator | 408.310.4694 | nichole.martin@morganhill.ca.gov |
| Judy Viegas | Administrative Analyst | 408.310.4621 | judy.viegas@morganhill.ca.gov |

Parks and Recreation Commission

Meets bi-monthly on the 3rd Tuesday of odd numbered months.
7pm at City Council Chamber, 17555 Peak Avenue, Morgan Hill.
Location subject to change.

| | |
|---------------------|-----------------|
| LaRene Green | Ronald Locicero |
| Rick Scott, | Mary Seehafer |
| Craig C. van Keulen | Matthew Wendt |

Library, Culture and Arts Commission

Meets bi-monthly on the 2nd Tuesday of odd numbered months.
7pm at the Morgan Hill Library, 17555 Peak Avenue, Morgan Hill.
Location subject to change.

| | | |
|--------------------|---------------|---------------|
| Cassie Castleberry | Cecelia Clark | Tim Hennessey |
| Paul Lake | Lauri Paul | Linda Vrabel |
| Bonnie Williams | | |

For further information on these commissions, please contact Chris Ghione at 408.782.9154 or chris.ghione@morganhill.ca.gov.

41 DEVELOPMENTAL ASSETS

Years of research by the Search Institute of Minneapolis have identified 41 “Developmental Assets” that have a proven relationship to healthy youth development. As Asset Charts demonstrate, there is a direct relationship between increasing the number of assets and decreasing the incidence of high risk behaviors such as violence and drug and alcohol abuse.

EXTERNAL ASSETS



SUPPORT

1. **FAMILY SUPPORT** Family life provides high levels of love and support
2. **POSITIVE FAMILY COMMUNICATION** Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parent(s)
3. **OTHER ADULT RELATIONSHIPS** Young person receives support from three or more non-parent adults
4. **CARING NEIGHBORHOOD** Young person experiences caring neighbors
5. **CARING SCHOOL CLIMATE** School provides a caring, encouraging environment
6. **PARENT INVOLVEMENT IN SCHOOLING** Parent(s) are actively involved in helping young person succeed in school



EMPOWERMENT

7. **COMMUNITY VALUES YOUTH** Young person perceives that adults in the community value youth
8. **YOUTH AS RESOURCES** Young people are given useful roles in the community
9. **SERVICE TO OTHERS** Young person serves in the community one hour or more per week
10. **SAFETY** Young person feels safe at home, school, and in the neighborhood



BOUNDARIES AND EXPECTATIONS

11. **FAMILY BOUNDARIES** Family has clear rules and consequences and monitors the young person's whereabouts
12. **SCHOOL BOUNDARIES** School provides clear rules and consequences
13. **NEIGHBORHOOD BOUNDARIES** Neighbors take responsibility for monitoring young people's behavior
14. **ADULT ROLE MODELS** Parent(s) and other adults model positive, responsible behavior
15. **POSITIVE PEER INFLUENCE** Young person's best friends model responsible behavior
16. **HIGH EXPECTATIONS** Both parent(s) and teachers encourage the young person to do well



CONSTRUCTIVE USE OF TIME

17. **CREATIVE ACTIVITIES** Young person spends three or more hours per week in lessons or practice in music, theater, or other arts
18. **YOUTH PROGRAMS** Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community
19. **RELIGIOUS COMMUNITY** Young person spends one or more hours per week in activities in a religious institution
20. **TIME AT HOME** Young person is out with friends “with nothing special to do” two or fewer nights per week

INTERNAL ASSETS



COMMITMENT TO LEARNING

21. **ACHIEVEMENT MOTIVATION** Young person is motivated to do well in school
22. **SCHOOL ENGAGEMENT** Young person is actively engaged in learning
23. **HOMEWORK** Young person reports doing at least one hour of homework every school day
24. **BONDING TO SCHOOL** Young person cares about her or his school
25. **READING FOR PLEASURE** Young person reads for pleasure three or more hours per week



POSITIVE VALUES

26. **CARING** Young person places high value on helping other people
27. **EQUALITY AND SOCIAL JUSTICE** Young person places high value on promoting equality and reducing hunger and poverty
28. **INTEGRITY** Young person acts on convictions and stands up for her or his beliefs
29. **HONESTY** Young person “tells the truth even when it is not easy.”
30. **RESPONSIBILITY** Young person believes, accepts and takes personal responsibility
31. **RESTRAINT** Young person believes it is important not to be sexually active or to use alcohol or other drugs



SOCIAL COMPETENCIES

32. **PLANNING AND DECISION MAKING** Young person knows how to plan ahead and make choices
33. **INTERPERSONAL COMPETENCE** Young person has empathy, sensitivity, and friendship skills
34. **CULTURAL COMPETENCE** Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds
35. **RESISTANCE SKILLS** Young person can resist negative peer pressure and dangerous situations
36. **PEACEFUL CONFLICT RESOLUTION** Young person seeks to resolve conflict nonviolently



POSITIVE IDENTITY

37. **PERSONAL POWER** Young person feels he or she has control over “things that happen to me.”
38. **SELF-ESTEEM** Young person reports having a high self-esteem
39. **SENSE OF PURPOSE** Young person reports that “my life has a purpose.”
40. **POSITIVE VIEW OF PERSONAL FUTURE** Young person is optimistic about her/his personal future
41. **POSITIVE CULTURAL IDENTITY** Young person feels proud of her/his cultural background*

*Project Cornerstone established this asset through local community input.



Here Comes Summer

Summer is just around the corner in Morgan Hill. That means warm weather, exploring the great outdoors, programs and activities and lots of fun!

One of our newer programs is back for the summer. **Little Lifts** kicked off in Winter/Spring and is perfect for youth age 8 to 15. Held outside at Community Park, this boot camp style fitness class is setup in a circuit training style. Each class is new and a ton of fun!

Seeking a summer of fun, friendship and adventure? Look no further than our **Summer Camp** program! Each week is themed, includes a day to "Cool It" at the Aquatics Center, fun activities, opportunities to make new friendships and fun trips.

We also have a great assortment of dance classes, LEGO® camp, Mad Science camp, tennis, soccer, swimming lessons and more! Remember, you can register for programming online at **www.mhreconline.com**! We can't wait to see you out there enjoying Summer in Morgan Hill!

Your Recreation Team





Pet Waste

Doing the Right Thing is Easy

Whenever you walk your dog or take him outside in your yard, you can easily do the right thing. Simply scoop the poop or use a plastic bag and dispose of it in a garbage can. It only takes a minute, and you'll have the satisfaction of knowing that you're being a good neighbor and protecting nearby streams, rivers and the Monterey Bay.

City of Morgan Hill
Community Services Department
17575 Peak Avenue
Morgan Hill, California, 95037
(408) 779-7271
www.morganhill.ca.gov

San Jose Valley Water District
CITY OF MORGAN HILL

National River Cleanup Day: Morgan Hill Creek Cleanup

Saturday, May 21st is National River Clean-Up Day, an opportunity for individuals, families and groups to be a part of the solution to local water pollution. Spend a morning working with your friends and neighbors to improve the health of West Little Llagas and Edmondson creeks.

Meet at the Corporation Yard at 100 Edes Court at 9am and remove litter until noon.

Gloves, bags and litter grabbers will be provided. Participants under 18 will need to bring a volunteer waiver signed by their parents with them the morning of the event.

408-776-7333 or email environ@morganhill.ca.gov for more info, a waiver form or to preregister.



FREE
ACTIVITIES, MUSIC & MORE!

**Summer fun
in the Park**

June 22
July 27
Aug 24

GALVAN PARK | 6:00 PM TO 8:30 PM
17666 CREST AVE, MORGAN HILL

FREE Day at the Aquatics Center for Residents

June 10 • July 8 • Aug 12
11:30am-6pm

 **MORGAN HILL
AQUATICS CENTER**

www.mhaquaticscenter.com 408.782.2134
16200 Condit Road, Morgan Hill

Special Event Swim - Dogs Only!

DOGGIE DIP DAY

Your dog is invited to make a Splash at the Morgan Hill Aquatic Center!

**OCT.
2016**



 **MORGAN HILL
AQUATICS CENTER**

Save The Date

**MORGAN HILL
GET FIT**



OBSTACLE COURSE CHALLENGE

October 15, 2016 8am-12pm

FAMILY FUN

Open House • Free Food • Giveaways

408-782-2128 • www.mharc.com
171 W Edmundson Avenue, Morgan Hill

 **CENTENNIAL
RECREATION CENTER**

Summer Events CALENDAR

June 2016 – August 2016

Aquatics Center

May 28– 30 . . . Opening Weekend of Summer . . . 11:30am – 5pm
Recreation Season

June 10 Morgan Hill Resident Free Day . . . 11:30am-6pm
July 8 Morgan Hill Resident Free Day . . . 11:30am-6pm
Aug 12 Morgan Hill Resident Free Day . . . 11:30am-6pm

Swim Meets*:

June 18 MHSA Cabana Meet 6am – 2pm
June 25-26 . . . Gilroy Gators Long Course Meet . . 6am – 4pm
July 16 MHSA Cabana Meet 6am-2pm
July 23 Valley League Cabana Champs. . . 6am – 4pm
July 28 Valley Aquatics League Champs . . 6am – 4pm

*Swim Meet schedule subject to change

Centennial Recreation Center

June 11 Splash 2 Dash Youth triathlon . . . 6:30am-10am
(at Sobrato)

June 18 Family Fun Night at the Pool . . . 7pm - 9pm
July 16 Family Fun Night at the Pool . . . 7pm - 9pm
July 30 Member Appreciation Dinner . . . 5pm - 7pm
at the Pool Deck

Aug 20 Family Fun Night at the Pool . . . 7pm - 9pm
Sep 17 Family Fun Night at the Pool . . . 7pm - 9pm
Oct 15 Annual Get Fit Obstacle Course . . 8am - 1pm
Challenge and CRC Birthday
Celebration

Oct 15 Family Fun Night at the Pool . . . 7pm - 9pm
Nov 19 Family Fun Night at the Pool . . . 7pm - 9pm

Ongoing Weekly:

Sundays Oakgrove Church Services 9am
max@oakridgechurch.net

Art Exhibits Centennial Recreation Senior Center

May 13 – June 17 Sheri Chakamian
www.morganhillartgallery.com

June 24 – Aug 5 . Valle del Sur / Lorna Saiki
www.valledelsur.org

Aug 12 – Sept 23 Lance Trott
Images.bylance@yahoo.com

For additional information about Art Exhibits at the Centennial Recreation Senior Center please contact Debbie Vasquez at Debbie.Vasquez@morganhill.ca.gov or 408.310.4254.

Community Playhouse

June 3 – June 25 South Valley Civic Theater
Mary Poppins

Tickets available online at www.brownpapertickets.com
For additional information call 408.842.SHOW or visit www.svct.org

Morgan Hill Community and Cultural Center

June 10 – Aug 26 Friday Night Music Series 7pm - 9pm
www.morganhill.org

Ongoing Weekly:

Tuesdays Friends of the MH Senior Center . . 5pm – 9pm
Bingo
www.fmhsc.org
Wednesdays Morgan Hill Rotary Club Luncheon . 12:15pm
www.morganhillrotary.com
Thursdays Chill Out FREE 6pm-7:30pm
Youth Life Skill Program
Contact: Dori Prado 408.390.9012
Sundays Cathedral of Faith Services 10am
<http://www.cathedraloffaith.org/morganhill/>
. ACTS Revival Center Services . . . 10am
at City Council Chambers
<http://actsrevivalcenter.com/>

Ongoing Monthly:

1st Wednesday Morgan Hill Flower Lover's Club . . 12:30pm
www.facebook.com/Morgan-Hill-Flower-Lovers-Club-335012279369/
1st Thursday Morgan Hill Chamber of 7:15am
Commerce Breakfast
www.morganhill.org
3rd Tuesday Valle Del Sur Art Guild Meeting. . . 6:45pm
www.valledelsur.org

Art Exhibits at the Community and Cultural Center

June TBA
July Georgesse Gomez
www.georgesse.com
August Kirk Johnson

For additional information about Art Exhibits at the Community and Cultural Center please contact Amy Whelan with the El Toro Arts and Cultural Committee of the Morgan Hill Community Foundation @ 408.772.7612 or amy.whelan@morganhillcf.org

Galvan Park

June 22 Summer Fun in the Park 6pm – 8pm
July 27 Summer Fun in the Park 6pm – 8pm
August 24 Summer Fun in the Park 6pm – 8pm

Ages 5-13



V • O • U • T • H T • R • I • A • T • H • L • O • N

June 2016

Register Today!

Call 782-2128 or visit www.mhccrc.com



ADULT SPORTS LEAGUES

Page 41-42

Grab your friends and sign up today!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER

Mt. Madonna YMCA

★ DAY CAMPS

- STEM Camps
- Cooking Camps
- Sports Camps
- Teen Camps
- Leadership Camps

★ OVERNIGHT CAMPS

(YMCA Camp Campbell in Boulder Creek)

★ SUMMER CHILD CARE



REGISTER NOW!

www.ymcasv.org/summer/mm.html

WHAT YOUR CHILD WILL EXPERIENCE AT CAMP

- Make lasting friendships and memories
- Discover new talents
- Be active
- Interact with positive role models
- Have fun!

JOIN US • 408 762 6000 • www.ymcasv.org/mtmadonna

THE CENTENNIAL RECREATION CENTER



CRC

ABOUT THE CENTENNIAL RECREATION CENTER

Operated through a partnership between the City of Morgan Hill and the Mt. Madonna YMCA, the Centennial Recreation Center offers a wide variety of fitness and recreational options for the whole family. This 54,000 square foot facility offers a fitness center with strength and cardio equipment, group exercise studio that includes Zumba, boot camp, yoga and Pilates, gymnasium with youth and adult open gym and leagues, Kids' Club, indoor pool with slide and water features, swim lessons, water aerobics, recreational swim, Senior Center and senior nutrition program, Teen Center, locker rooms, and meeting rooms.



YOUR MEMBERSHIP INCLUDES:

- Unlimited access to the Fitness Center
- 100+ weekly group exercise classes for the entire family
- Free personalized wellness coaching sessions
- Drop-in sports in the gymnasium, including basketball, volleyball, badminton and pickleball
- Lap swim, aqua fitness classes and recreational swim at both the CRC and Aquatics Center
- Free access to summer recreational swim at the Aquatics Center
- Kids' Club while you're at the CRC
- Free access for your children (through age 21)
- Member pricing on swim lessons and specialty classes
- Easy access to the Teen Center, Senior Center, Skate/BMX Park, Dog Park, Tennis Courts, softball fields and Community Park
- Access to YMCA facilities around the country while traveling

BENEFITS OF MEMBERSHIP

- Access to a community hub for health and wellness for the whole family
- Friendly, welcoming environment for all ages
- Pathway to a healthier mind, body and spirit
- Connect with people with common interests
- Variety of offerings for all fitness levels
- Personalized experiences to meet your individual wellness goals
- Youth asset rich environment
- Close proximity to many community recreation opportunities
- Become part of one of Morgan Hill's most thriving and active communities

WELLNESS PROGRAMS

GROUP EXERCISE CLASSES

The CRC offers a wide variety of fitness classes. We strive to accommodate all levels of fitness. If you are new to class, please let your instructor know. She/He may recommend appropriate modifications. You are encouraged to work out at your own pace.

Updated schedule at www.mhcr.com

FITNESS CENTER

Our Fitness Center offers Cybex strength equipment, Strive strength equipment, cardio-vascular equipment which includes treadmills, elliptical machines, stepmills, cross trainers, recumbent bikes and free weights. The CRC provides certified professionally trained staff who are there to assist you and help you reach your fitness goals.

WELLNESS COACHING SESSIONS

One of the premium benefits of joining the CRC as a member is the opportunity to meet with our Wellness Coaches to learn more about how to achieve your health and wellness goals. Whether your goal is to lose weight, gain strength, increase flexibility or just to set a regular workout routine our Wellness Coaches are here to help! During your appointment(s) you will learn how to use our fully equipped Fitness Center as well as receive tips towards successfully living a healthy lifestyle. The CRC offers all Facility Members the opportunity to go through our Wellness Coach appointments for free! To get started make your appointment today at the Front Desk!

CONTINUED

WELLNESS PROGRAMS CONT.

PERSONAL TRAINING

To help you achieve your fitness goals, personal trainers are available to assist you with whatever your personal goal is, whether it's building core strength, increasing flexibility, gaining muscle strength or breaking through plateaus.

YOUTH FITNESS PROGRAMS

Our fitness center includes a variety of youth friendly equipment and programs specially designed for youth members ages 4+. A variety of youth-friendly group exercise classes are available, including Mini Me, Youth Fitness and Sports, Mini Me and Zumba Kids. Youth members ages 8+ may also attend our regular group exercise classes with adult supervision. Your membership includes our FREE Youth Strength Training program designed to safely orient young members ages 8+ to the Fitness Center.

FITLINXX

FitLinxx is an interactive computerized fitness network designed to make sure you get a personalized workout each time you exercise. The system is designed to give you instant feedback while you exercise on the Cybex equipment and for your fit ness coach to monitor your progress and help you reach your fitness goals. Each piece of equipment works on a specific muscle group and is safe, effective and easy to use. Sign up now for a free orientation.

GYMNASIUM

The CRC offers a full court gymnasium. The gymnasium is available for open gym, drop-in sports, such as volleyball, basketball and badminton, and Youth and Adult Sports Leagues.

Updated schedule at www.mhrc.com.

SKATEBOARD/BMX PARK

The park offers designated Skateboard and BMX days and times. Updated schedule at www.mhrecreation.com

SENIOR CENTER

The Centennial Recreation Senior Center provides comprehensive programs and services for older adults 50+ who live in the South County. The Senior Center offers fitness programs for all activity levels, opportunities for lifelong learning, health screening, enrichment programs and social services. The Senior Center provides delicious and nutritious hot lunches to older adults Monday through Friday at the Morgan Hill Senior Café.

PRODUCE MARKET

Each Wednesday morning, the Centennial Recreation Center is home to a colorful produce market, carrying the freshest produce of the season. While the intent is to provide produce that is accessible and affordable to older adults, this market is open for all ages. The market runs all year long with a large selection of seasonal fruits and vegetables. Produce is sold at cost and recipes are available to match the produce of the day.

TEEN CENTER

The Centennial Recreation Teen Center offers a safe and engaging environment for teens to make friends, participate in fun programs and activities or just chill and hang out. Membership to the Teen Center is FREE to all Morgan Hill residents ages 12-18. Live outside Morgan Hill? Teen Center membership is only \$10 a year for non-residents.

AQUATICS PROGRAMS

INDOOR LAP SWIM

The Centennial Recreation Center pool has the ability to accommodate three 20 yard lap lanes. During scheduled Lap Swim Times there will be a minimum of 1 lap lane available.

Location: Centennial Recreation Center

| | | | |
|------|---------------|------------------|-----------------|
| M/W | 5am - 11:40am | 12:50pm - 6:55pm | 8:05pm - 9:30pm |
| T/TH | 5am - 10:40am | 11:50am - 6:55pm | 8:05pm - 9:30pm |
| F | 5am - 11:40am | 12:50pm - 9:30pm | |
| SA | 6am - 7:55am | 9:05am - 7:30pm | |
| SU | 8am - 5:30pm | | |

OUTDOOR LAP SWIM

Lap swim is available at the Aquatics Center competition pool. Current CRC membership or day pass fees apply for General Public Lap Swim. During scheduled Lap Swim Times there will be at least 4 lanes open for lap swimming.

Location: Morgan Hill Aquatics Center

| | |
|-------|-------------|
| M-F | 5am-8am |
| M-F | 11am-1:30pm |
| M/W/F | 5pm-8pm |
| SA | 7am-10am |

CO-ED AQUATIC FITNESS CLASSES

Location: Morgan Hill Aquatics Center & Centennial Recreation Center

All aquatics fitness classes are included as part of the CRC membership. Customers can also elect to pay a drop-in fee to participate in classes.

AQUA BOOT CAMP

This Shallow Water class targets fitness components of agility, balance, coordination and speed in addition to cardio capacity. This class will provide you with a total body workout, minus the effect from hard surfaces. Aqua socks or tennis shoes are recommended.

SHALLOW TONE

This Shallow Water class is designed to accommodate all fitness levels. With a combination of cardio-vascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout, minus the effect from hard surfaces. Aqua socks or tennis shoes are recommended.

DEEP H2O DYNAMICS

This class is designed for more proficient swimmers and is taught in 7ft. of water. Deep water aerobics with the assistance of cuffs and hand buoys will increase flexibility, strength, cardio-vascular endurance, balance, and motor coordination in a non-impact environment.

THE CENTENNIAL RECREATION CENTER



CRC

HERE'S HOW YOU CAN GET INVOLVED

- You can join the fitness facility as an individual or family member
- You can pay to sign up for a specific class.
- You can buy a Day Pass for a single visit.
- You can come to the Senior or Teen Center(s) for free.



Keep in touch with us!

View our latest schedules and announcements by downloading the **CRC Mobile App for FREE** for Apple and Android devices.

Follow us on Facebook at facebook.com/mhcr

MEMBERSHIP CATEGORIES

Adult: Includes one adult and all children through the age of 21 living at the same address. Access all hours, all core programs.

Family: Two adults and all children through age of 21 living at the same address. Access all hours, all core programs.

Senior/Special Hours: One adult (21 and older), designed for seniors and those with flexible schedules. Access 10am to 4pm weekdays, and anytime on the weekends (access to other YMCAs are not included in this membership). Access all core programs during these hours. Children are not included in this membership.

Couple Senior / Special Hours: Two adults (21 and older), designed for seniors and those with flexible schedules. Access 10am to 4pm weekdays, and anytime on the weekends (access to other YMCAs are not included in this membership). Access all core programs during these hours. Children are not included in this membership.

Adult Plus: Additional adult to a family membership, living at the same address. Access all hours, all core programs.

Teen: One teen, ages 12-18. Access all hours, all core programs.



Look for this symbol through out the Recreation Guide to find **FREE CLASSES** with your CRC membership.

CRC PRICES

| Type | Member (resident) | Member (non-resident) | Non-member (resident) | Non-member (non-resident) |
|-------------------------------|--------------------|-----------------------|-----------------------|---------------------------|
| Enrollment Fee | \$50-Individual | \$50-Individual | | |
| | \$75-Family/Couple | \$75-Family/Couple | - | - |
| Adult Membership | \$63/mo | \$67/mo | - | - |
| Family Membership | \$90/mo | \$96/mo | - | - |
| Senior / Special Hours | \$43/mo | \$47/mo | - | - |
| Senior Couple / Special Hours | \$72/mo | \$78/mo | - | - |
| Adult Plus | \$46/mo | \$50/mo | - | - |
| Teen Fitness | \$28/mo | \$32/mo | - | - |
| Add-on YMCA Membership | FREE | FREE | Fee | Fee |
| Core Class | FREE | FREE | Day Pass + \$5 | Day Pass + \$5 |
| Day Pass | - | - | \$10-Adult \$5-Youth | \$11-Adult \$7-Youth |
| Kids' Club | FREE | FREE | \$4/child | \$4/child |

Morgan Hill Aquatics Center 2016 Summer Season



It's Splashtastic!



Find us on:
facebook

facebook.com/mhaquaticscenter

SUMMER RECREATION SWIM IS FUN FOR ALL AGES!

The Morgan Hill Aquatics Center is the place to "Cool It" this summer! With fun for kids young and old, the Aquatics Center has a number of attractions to make for a great summer day. Stop by and have a blast on the variety of water features, including our inflatable obstacle course, or just enjoy a leisurely day poolside. The Center takes the edge off summer's heat, but won't freeze you out either! Water temperatures are comfortably heated. The ultimate summer experience is just minutes away at the Morgan Hill Aquatics Center. Get ready for splashdown!

H2O HIGHLIGHTS:

- Two Giant Waterslides
- Splash's Dash - Inflatable Obstacle Course
- Recreation Pool with Water Playground
- Sprayground with misting sprays, cascading fountains and shooting geysers
- Warm water instructional pool for learning or just swimming fun
- Competition Pool with diving boards & general public swim (including lap swim)

OTHER HIGHLIGHTS:

- Comfortable poolside seating
- Shaded grass areas
- Music
- A variety of entertainment and activities
- Poolside Concessions with a variety of hot and cold food at affordable prices

GENERAL ADMISSION

| Age Range | Resident | Non-Resident |
|---------------------------|----------|--------------|
| Infant (Under 2 yrs) | Free | Free |
| Child (2 – 11 yrs) | \$5 | \$9 |
| Youth/Adult (12 – 17 yrs) | \$7 | \$11 |
| Adults 18 yrs+ | \$10 | \$14 |
| CRC Members | Free | Free |

SEASON PASSES*

Centennial Recreation Center Membership

Have twice the fun this summer by signing up for combined Centennial Recreation Center and Aquatics Center Membership. This is a monthly membership that provides you with full access to both of these great recreation facilities. For membership rates see page XX.

**double
your
fun**

SUPER COOL FAMILY SEASON PASS*

Provides unlimited entry to recreation swim for the entire summer season. This pass includes up to 5 people (2 adults and three children up through the age of 21) from one household on the pass. Must include at least one adult. Additional children are \$15 each.

| | Resident | Non-Resident |
|-------------------------|----------|--------------|
| Full Season | \$180 | \$250 |
| Purchased before May 31 | \$160 | \$230 |



Buy Early and Save

REALLY COOL INDIVIDUAL SEASON PASS*

Provides unlimited entry to one person for recreation swim for the entire summer season.

| | Resident | Non-Resident |
|-------------------------|----------|--------------|
| Youth/Adult | \$60 | \$84 |
| Child (Under 48 inches) | \$50 | \$70 |

*Season passes do not include lap swim outside of recreation swim hours.

RECREATION SWIM HOURS OF OPERATION

Pre-Summer

Memorial Day Weekend

Saturday, May 28 – Monday, May 30 . 11:30am - 5pm

Saturday, June 4 – Sunday, June 5 . . 11:30am - 5pm

School Dayz, Weekdays

Monday, May 23– Friday, June 3 9:30am - 2pm
(excluding Monday, May 30 due to Memorial Day)

Summer Season June 6 – August 14

Monday – Thursday 11:30am - 4pm

Friday – Sunday 11:30am - 6:30pm

After Hours Fun!

While recreation swim ends at 4pm Monday - Thursday, you are welcome to stay and cool it next to the recreation pool from 4pm - 6:30pm on these weekday afternoons.

Open Weekends August 20 through September 18!!!

Weekends Only &

Labor Day, Monday, September 5 . . . 11:30am - 5pm

GROUP PACKAGES

Call 408.310.4305 or email ACparties@morganhill.ca.gov

Group Rates

Daily group rates are available to schools, church groups, scouts, day camps, and other groups with at least 10 people. Lunch upgrades are also available. Fees vary based on group size.

Party Packages

Plan your next party at the Aquatics Center! Party Packages include admission for up to 15 guests to recreation swim and 2 hours of party room access or all day access to a designated picnic area. Various catering options are available. You may bring your own cake or cupcakes (no ice cream or ice cream cakes are allowed). Each additional guest admission is \$5 for resident or \$9 for non-resident. Party date and time must be reserved at least two weeks in advance.

Let us host your next party! We can accommodate small and large groups. This is a great opportunity for family reunions, businesses, church groups, neighborhoods, and any other groups that are planning outdoor parties. The Aquatics Center may be rented during any times that the facility is not open to the general public.

School Dayz

This is a special program offered for school groups to visit the Aquatics Center for their end of the year activities. School Dayz reservations can be made for weekdays between Monday, May 23rd and Friday, June 3rd. Book your class trip now as space is limited!

Contact the Party Package/Event Coordinator at 408.310.4305 or email ACparties@morganhill.ca.gov

THINGS TO REMEMBER BEFORE COMING TO COOL IT AT THE AQUATICS CENTER:

- General admittance to the facility requires a CRC/AC membership, a season pass, or a daily fee.
- Guests must obey all pool rules and follow the directions of lifeguards and staff at all times.
- The Aquatics Center is a smoke, tobacco and alcohol free facility.
- Guests must be at least 48" tall to ride the large slides and less than 48" tall to use the play structure.
- Adults may accompany small children within the play structure.
- Diving is only allowed in designated parts of the Competition Pool.
- Running – The pool deck is wet and can get slippery, so please do not allow your children to run inside the facility.
- No dunking, sitting or standing on shoulders, rough play or throwing objects.
- Infants and children under 4 years of age:
- Parent or guardian must be in the water and within arm's reach of the child while they are in the water.
- Must wear a swim diaper and diaper liner under proper swimwear at all times in pool or water features. Both can be purchased at the on site Retail Center.
- Children under 10 years of age: Must be accompanied by a parent or guardian at all times.
- Children under 11 years of age: Must pass a swim test to use competition pool.
- Youth 10-11 years: Can be at the Aquatics Center alone as long as a parent or guardian is somewhere in the facility.
- Youth 12 years and older: Can be at the Aquatics Center alone, parent or guardian does not need to be in the facility.
- All swimmers must shower before entering the pool and wear proper swimwear (No Cotton).
- The poolside concession stand offers a variety of hot and cold snacks for your dining enjoyment. No outside food, drink, glass, cans, or ice chests (except bottled water) are allowed anywhere in the Aquatics Center, including grass and table areas. Plastic water bottles are allowed.
- No lawn chairs or umbrellas should be brought. The Aquatics Center has chairs and umbrellas on site.
- All bags and personal belongings are subject to search upon entering the facility.
- Portable music players and other electronic devices may only be used with headphones.
- No water toys and floating objects permitted in the water.
- The Aquatics Center has a limited number of lifejackets available. Only Coast Guard approved lifejackets are allowed in the pools. Swimwear with built in lifejackets may be allowed on a case by case basis at the discretion of facility staff.
- No animals except for service animals.
- Sun Protection – Do not forget to drink plenty of water and use sunscreen every time you visit.
- No inappropriate touching or extreme public displays of affection.
- The Aquatics Center is not responsible for lost or stolen items.
- Pool rules are subject to change.
- Failure to follow this code of conduct may result in disciplinary actions, which may include immediate eviction from the premises, loss of privileges and suspension or termination of membership.
- Have Fun – Above all have a great time while being safe.



SPLASH SWIM TEAM

Swim Team members will have the opportunity to participate in numerous weekly workouts with certified coaches and other swimmers at their ability level. Swimmers will have the option of participating in swim meets. During the summer the team will be participating in the Valley Aquatic League. The League's purpose is to:

- Encourage healthy attitudes toward competition
- Promote the sport of swimming
- Improve personal swimming skills
- Provide as much competitive challenge in a summer program as possible
- HAVE FUN!!!

SWIM TEAM WORKOUTS

Workouts will take place according to the schedule below. Workouts will range from 45 minutes to one hour and thirty minutes based on the swimmer's age and ability level. During the school year, workouts will take place in the afternoon and during the summer the schedule will provide a schedule of morning and evening workouts.

SPLASH SUMMER SEASON WORKOUTS JUNE 6 – AUGUST 12

Mini Dolphins (Beginning level) - Practice Schedule

M & F: 10am – 10:45am
M, TU, TH: 4pm – 4:45pm

Striper Dolphins (Beginning/Intermediate level) - Practice Schedule

M & F: 9:30am – 10:15am
M, TU, TH: 4:15pm – 5pm

Blue Dolphins (Intermediate level) – Practice Schedule

M & F: 8:30am – 9:30am
W: 8:30am – 9:30am (Long Course Practice)
M, TU, TH: 5pm – 6:15pm

Orcas (Advanced level) – Practice Schedule

M & F: 8am – 9:30am
W: 8am – 9:30am (Long Course Practice)
M, TU, TH: 5pm – 6:45pm

SPLASH SUMMER CABANA MEET SCHEDULE

June 11 – Splash 2 Dash Youth Triathlon
June 18 – Splash Home Meet with Los Ranchitos
June 25 – Splash Away Meet with Los Gatos
July 9 – Splash Away Meet with Westgate
July 16 – Splash Home Meet with Encore
July 30 – Cabana Champs Meet at Morgan Hill



SPLASH YOUTH SWIM TEAM & WATER POLO CLUB

The Morgan Hill Splash is a recreational, year-round swim program that offers fun and fitness to children between the ages of 5 and 18. Each participant has the option of participating year-round or for the summer only. The focus of our coaches is to make swimming fun while also building the participant's endurance and skills. Opportunities for swimming and water polo will be provided for one monthly or summer season fee. All practices will be held at the Morgan Hill Aquatics Center.



facebook.com/mhsplosaquaatics

SPLASH YOUTH WATER POLO CLUB

The Splash Water Polo program is designed to teach youth the game of Water Polo in a safe and fun environment. The program runs in conjunction with the Splash Swim Team, so participants are encouraged to participate in the two weekly water polo practices as well as one to three swim team workouts per week. To participate in practices youth should be comfortable in deep water and have some swimming skills. Youth ages 8 to 15 are eligible to play.

Splash School Season Water Polo, June 6 – August 12

TU: 6pm – 7pm
TH: 6pm – 7pm

Splash Youth Swim Team and Water Polo Club Fees:

Monthly Payment Option: \$80/month + CRC Membership
(See page 13 for CRC Membership rates)

Summer Payment Option: \$390 for June 6 – August 12

SPLASH DIVING CLUB

The Splash Diving program is designed to teach youth the basic skills of diving in a safe and fun environment. This program runs in conjunction with the Splash Swim Team & Water Polo, so participants are encouraged to participate in swimming and water polo, if interested. Diving practice will take place according to the schedule below. Practices are fifty five (55) minutes long and designed, based on age and ability level.

Location: Morgan Hill Aquatics Center, Competition Pool

Splash Summer Season Diving, June 7 – August 9

12yrs+ Practice Schedule
TU: 8am – 8:55am

8 – 11yrs Practice Schedule
TU: 9am to 9:55am

7 & Under Practice Schedule
TU: 10am – 10:55am

Splash Diving Club Fees:

Monthly Payment Option: \$60/month + CRC Membership
(See page 13 for CRC Membership rates)

Current Splash Swim Team Members:
\$25/month + Splash Team Membership

Program Manager Contact Information:

Lisa Rick, 408.310.4301 or
lisa.rick@morganhill.ca.gov

ADULT COACHED MASTERS SWIM

Morgan Hill Splash Masters is a coached program for intermediate swimmers who are looking to improve their stroke and endurance through challenging workouts. Whether your goal is to improve your endurance for a triathlon or to improve your stroke and work on your fitness, this class would be for you. Also, by joining this program, you'll receive the workout for the day emailed to you in case you're unable to make it to class but would like to do it on your own.

Location: Morgan Hill Aquatics Center, Competition Pool

Workout Schedule

| | |
|-----|-----------------|
| M: | 6:45pm – 7:45pm |
| TU: | 6:45pm – 7:45pm |
| TH: | 6:45pm – 7:45pm |
| F: | 11am-12pm |
| SA: | 7:30am – 8:45am |

Fees:

\$25/month + CRC Membership
(See page 13 for CRC Membership rates)

PRE-MASTERS STROKE DEVELOPMENT PROGRAM

Are you an occasional swimmer that would like to improve your skills so you can join the Masters Program? Schedule stroke development lessons with our Masters and Swim Team Coaches. In the Pre-Masters lesson program you'll get more time spent on stroke technique training and shorter sets but will still receive the benefits of a fitness workout. Register at the Aquatics Center and one of our coaches will call you to set-up a schedule of classes. The fee includes two hours of instruction that may be split up to accommodate individual schedules. Group lessons are for two or more participants that are interested in taking a pre-masters lesson together. For more information, contact Lisa Rick at 408.310.4301 or lisa.rick@morganhill.ca.gov

Location: Morgan Hill Aquatics Center, Competition Pool

PRIVATE LESSONS

Resident: \$160 / CRC Member: \$150
Non-Resident: \$170 / CRC Member: \$160

GROUP LESSONS (2-5 PARTICIPANTS)

Resident: \$95 / CRC Member: \$90
Non-Resident: \$100 / CRC Member: \$95
Private Swim Lessons are for ages 3 years through adult, and are for any level of ability. Instruction is geared toward the individual student's ability.

MULTI SPORT CLUB

Concept Cyclery, in partnership with the City of Morgan Hill, is excited to offer a Multi Sport Club. The goal is to be the group/club/team that is all inclusive, from the beginner that has a dream to finish any event some day, to the advanced category athlete, with the vision that with a positive atmosphere, and encouraging support from within, every level athlete benefits! The team is run by a talented group of experienced individuals committed to making our club and our race team fulfill this vision! If you are brand new to multi sport racing, and experienced racer or just looking for a new and exciting way to workout, this club is for you. Membership includes four coached practices per week, plus access to all coached Masters Swim practices at the Morgan Hill Aquatics Center. We offer a beginner program and a competitive program for seasoned athletes, as well as a Junior program for youth ages 11-18. For more information, visit www.ccmultisport.com or contact Dominique at dominiques@conceptcyclery.com or 408.778.6300.

Club Director: Tina Hepper

Workout Schedule

| | |
|-----|---|
| SU: | 7am Long Endurance Ride |
| M: | 6:45am Swim Practice |
| TU: | 11am & 6:30pm Track Workout |
| W: | 5:30am, 11am & 6:45pm Swim Practice |
| TH: | 5:30am Spin Class 11am Brick Workout |
| F: | 5:30am & 5pm Swim Practice |

Fees:

| Program | Monthly Rate (Year Round Program) | 6 month Program | 4 Month Program (Intro Program) |
|------------------------------------|---|-----------------|---------------------------------|
| Beginner – Adult | \$75/month + CRC Membership* \$30 annual dues** | \$405 | \$270 |
| Beginner – Juniors (ages 11-18) | \$37/month + CRC Membership* \$15 annual dues** | \$200 | \$135 |
| Competitive – Adult | \$150/month + CRC Membership* \$60 annual dues** | \$810 | N/A |
| Competitive – Juniors (ages 11-18) | \$75/month + CRC Membership* \$30 annual dues** | \$390 | N/A |

*See page 13 for CRC Membership rates

**Annual Club Dues include membership to and excess medical coverage from USAT, gear discounts at Concept Cyclery, team shirt, social events and much more.

SUMMER AQUATICS SWIM & GYM CLASS

Our brand new swim and gym class combines the fun of swimming and the skills of gymnastics into a single class. Students will learn the fundamentals of swimming including water safety along with learning basic gymnastics skills such as balance and coordination. Our trained instructor will guide each child through specific movements both in and out of the water. Students do not need any prior gymnastics experience to join this class. Group lessons are offered twice a week and each lesson is thirty (30) minutes in length. The City of Morgan Hill does not accept rescheduling of missed classes for this program.

Instructor: Zach Whitaker

Location: Morgan Hill Aquatics Center, Instructional Pool

Ages 3-5 yrs

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-------|--------------|--------|----------|
| SSD014 | 6/7-6/30 | TU/TH | 11am-11:30am | 3-5yrs | 8 |
| SSD015 | 7/5-7/28 | TU/TH | 11am-11:30am | 3-5yrs | 8 |

Resident: \$100 / CRC Member: \$95

Non-Resident: \$105/ CRC Member: \$100

SUMMER AQUATICS CENTER GROUP DIVING LESSONS

This class teaches the basic skills of diving in a safe and fun environment. Participants will learn basic dives from the pool deck and will progress to the diving board. Group diving lessons are for participants that are comfortable in deep water and have some swimming skills. Group lessons are offered once a week and each lesson is forty five (45) minutes in length. The City of Morgan Hill does not accept rescheduling of missed classes for this program.

Instructor: Zach Whitaker

Location: Morgan Hill Aquatics Center, Competition Pool

Ages 4-8 yrs

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|-----------------|--------|----------|
| SSD010 | 6/9-6/30 | TH | 10:05am-10:50am | 4-8yrs | 4 |
| SSD011 | 7/7-7/28 | TH | 10:05am-10:50am | 4-8yrs | 4 |

Ages 9+ yrs

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|---------------|-------|----------|
| SSD012 | 6/9-6/30 | TH | 9:10am-9:55am | 9yrs+ | 4 |
| SSD013 | 7/7-7/28 | TH | 9:10am-9:55am | 9yrs+ | 4 |

Resident: \$70 / CRC Member: \$65

Non-Resident: \$75/ CRC Member: \$70



Summer Outdoor Group Swim Lessons

SEE CLASS DESCRIPTIONS ON PAGE 20

| CLASS NAME | Time | SESSION 1 6/6-6/16 | SESSION 2 6/20-6/30 | SESSION 3* 7/5-7/14 | SESSION 4 7/18-7/28 | SESSION 5 8/1-8/11 |
|---------------|---------|-----------------------|------------------------|------------------------|------------------------|-----------------------|
| CUTTLE FISH A | 4:50pm | SSA001 | SSA004 | SSA007 | SSA010 | SSA013 |
| CUTTLE FISH B | 10:45am | SSA002 | SSA005 | SSA008 | SSA011 | SSA014 |
| | 5:25pm | SSA003 | SSA006 | SSA009 | SSA012 | SSA015 |
| CLOWN FISH | 9am | SSB001 | SSB037 | SSB076 | SSB115 | ----- |
| | 9:35am | SSB002 | SSB038 | SSB077 | ----- | ----- |
| | 9:35am | SSB003 | SSB039 | SSB078 | SSB116 | ----- |
| | 10:10am | SSB004 | SSB040 | SSB079 | SSB117 | ----- |
| | 10:45am | SSB005 | SSB041 | SSB080 | SSB118 | ----- |
| | 4:15pm | SSB006 | SSB042 | SSB081 | SSB119 | SSB150 |
| | 4:15pm | SSB007 | SSB043 | SSB082 | SSB120 | SSB151 |
| | 4:50pm | SSB008 | SSB044 | SSB083 | SSB121 | SSB152 |
| | 5:25pm | SSB009 | SSB045 | SSB084 | SSB122 | SSB153 |
| | 6pm | SSB010 | SSB046 | SSB085 | SSB123 | SSB154 |
| | 6:35pm | SSB011 | SSB047 | SSB086 | SSB124 | SSB155 |
| | 6:35pm | SSB012 | SSB048 | SSB087 | SSB125 | SSB156 |
| JELLY FISH | 9am | SSB013 | SSB049 | SSB088 | ----- | ----- |
| | 9am | SSB014 | SSB050 | SSB089 | SSB126 | ----- |
| | 9:35am | SSB015 | SSB051 | SSB090 | SSB127 | ----- |
| | 10:10am | ---- | SSB052 | SSB091 | SSB128 | ----- |
| | 10:45am | SSB017 | SSB053 | SSB092 | SSB129 | ----- |
| | 4:15pm | SSB018 | SSB054 | SSB093 | SSB130 | SSB157 |
| | 4:50pm | SSB019 | SSB055 | SSB094 | SSB131 | SSB158 |
| | 4:50pm | SSB020 | SSB056 | SSB095 | SSB132 | SSB159 |
| | 5:25pm | SSB021 | SSB057 | SSB096 | SSB133 | SSB160 |
| | 6pm | SSB022 | SSB058 | SSB097 | SSB134 | SSB161 |
| | 6:35pm | SSB023 | SSB059 | SSB098 | SSB135 | SSB162 |
| BALLOON FISH | 9am | SSB024 | SSB060 | SSB099 | SSB136 | ----- |
| | 9:35am | ---- | SSB061 | SSB100 | SSB137 | ----- |
| | 10:10am | SSB025 | SSB062 | SSB101 | ----- | ----- |
| | 10:45am | ---- | SSB063 | SSB102 | ----- | ----- |
| | 10:45am | SSB026 | SSB064 | SSB103 | SSB138 | ----- |
| | 4:15pm | SSB027 | SSB065 | SSB104 | SSB139 | SSB163 |
| | 4:50pm | SSB028 | SSB066 | SSB105 | SSB140 | SSB164 |
| | 5:25pm | SSB029 | SSB067 | SSB106 | SSB141 | SSB165 |
| | 5:25pm | SSB030 | SSB068 | SSB107 | SSB142 | SSB166 |
| | 6pm | SSB031 | SSB069 | SSB108 | SSB143 | SSB167 |
| | 6:35pm | SSB032 | SSB070 | SSB109 | SSB144 | SSB168 |

All Group Lessons are offered as eight (8), thirty (30) minute lessons, M - TH over a two (2) week session. The City of Morgan Hill does not accept rescheduling of missed classes for this program.

Instructor: Aquatics Staff

Location: Morgan Hill Aquatics Center

Session 1:

M - TH June 6 to June 16

Session 2:

M - TH June 20 to June 30

Session 3:

M - TH July 5 to July 14*

Session 4:

M - TH July 18 to July 28

Session 5:

M - TH August 1 to August 11

Resident: \$84 / CRC Member: \$74

Non-Resident: \$94 / CRC Member: \$84

Session 3 Pricing

*No Class on Monday, July 4

Resident: \$74 / CRC Member: \$65

Non-Resident: \$83 / CRC Member: \$74



| CLASS NAME | Time | SESSION 1 6/6-6/16 | SESSION 2 6/20-6/30 | SESSION 3* 7/5-7/13 | SESSION 4 7/18-7/28 | SESSION 5 8/1-8/11 |
|-------------|---------|-----------------------|------------------------|------------------------|------------------------|-----------------------|
| FLYING FISH | 9am | ---- | SSB071 | SSB110 | SSB145 | ---- |
| | 9:35am | SSB033 | SSB072 | SSB111 | SSB146 | ---- |
| | 10:45am | SSB034 | SSB073 | SSB112 | SSB147 | ---- |
| | 4:15pm | SSB035 | SSB074 | SSB113 | SSB148 | SSB169 |
| | 6pm | SSB036 | SSB075 | SSB114 | SSB149 | SSB170 |
| SEA TURTLE | 9:35am | SSC001 | SSC031 | SSC061 | SSC091 | ---- |
| | 10:10am | SSC002 | SSC032 | SSC062 | SSC092 | ---- |
| | 4:15pm | SSC003 | SSC033 | SSC063 | SSC093 | SSC121 |
| | 4:50pm | SSC004 | SSC034 | SSC064 | SSC094 | SSC122 |
| | 5:25pm | SSC005 | SSC035 | SSC065 | SSC095 | SSC123 |
| | 6pm | SSC006 | SSC036 | SSC066 | SSC096 | SSC124 |
| STING RAY | 9am | SSC007 | SSC037 | SSC067 | SSC097 | ---- |
| | 9:35am | SSC008 | SSC038 | SSC068 | SSC098 | ---- |
| | 10:10am | SSC009 | SSC039 | SSC069 | SSC099 | ---- |
| | 4:15pm | SSC010 | SSC040 | SSC070 | SSC100 | SSC125 |
| | 5:25pm | SSC011 | SSC041 | SSC071 | SSC101 | SSC126 |
| | 6pm | SSC012 | SSC042 | SSC072 | SSC102 | SSC127 |
| | 6:35pm | SSC013 | SSC043 | SSC073 | SSC103 | SSC128 |
| | | | | | | |
| PELICAN | 9:35am | SSC014 | SSC044 | SSC074 | SSC104 | ---- |
| | 10:10am | SSC015 | SSC045 | SSC075 | SSC105 | ---- |
| | 10:45am | SSC016 | SSC046 | SSC076 | SSC106 | ---- |
| | 4:15pm | SSC017 | SSC047 | SSC077 | SSC107 | SSC129 |
| | 5:25pm | SSC018 | SSC048 | SSC078 | SSC108 | SSC130 |
| | 6pm | SSC019 | SSC049 | SSC079 | SSC109 | SSC131 |
| | 6:35pm | SSC020 | SSC050 | SSC080 | SSC110 | SSC132 |
| PLATYPUS | 9am | SSC021 | SSC051 | SSC081 | SSC111 | ---- |
| | 10:10am | SSC022 | SSC052 | SSC082 | SSC112 | ---- |
| | 5:25pm | SSC023 | SSC053 | SSC083 | SSC113 | SSC133 |
| | 6pm | SSC024 | SSC054 | SSC084 | SSC114 | SSC134 |
| CROCODILE | 10:10am | SSC025 | SSC055 | SSC085 | SSC115 | ---- |
| | 4:50pm | SSC026 | SSC056 | SSC086 | SSC116 | SSC135 |
| | 6:35pm | SSC027 | SSC057 | SSC087 | SSC117 | SSC136 |
| GREAT WHITE | 9am | SSC028 | SSC058 | SSC088 | SSC118 | ---- |
| | 10:45am | SSC029 | SSC059 | SSC089 | SSC119 | ---- |
| | 4:15pm | SSC030 | SSC060 | SSC090 | SSC120 | SSC137 |



Summer Indoor Private Swim Lessons

Private Swim Lessons are for ages 3 years through adult, and are for any level of ability. Instruction is geared toward the individual student's ability. Private Swim Lessons are offered as a four (4) week session with a total of eight (8), thirty minute (30) classes per session. Choose either M/W or T/TH classes. One student/participant is enrolled in the entire 4 week session.

Location: Centennial Recreation Center, Natatorium

Instructor: Aquatics Staff

Session 1:

M/W June 6 – June 29

T/TH June 7 – June 30

Session 2:

M/W July 11 – August 3

T/TH July 12 – August 4

Resident: \$233/ CRC Member: \$223

Non-Resident: \$243/ CRC Member: \$233

| | Session 1 | | Session 2 | |
|--------|-------------------|--------------------|-------------------|--------------------|
| | M/W 6/6 - 6/29 | T/TH 6/7 - 6/30 | M/W 7/11 - 8/3 | T/TH 7/12 - 8/4 |
| Time | Activity # | Activity # | Activity # | Activity # |
| 4pm | SSE197 | SSE207 | SSE217 | SSE227 |
| 4pm | SSE198 | SSE208 | SSE218 | SSE228 |
| 4:30pm | SSE199 | SSE209 | SSE219 | SSE229 |
| 4:30pm | SSE200 | SSE210 | SSE220 | SSE230 |
| 5pm | SSE201 | SSE211 | SSE221 | SSE231 |
| 5pm | SSE202 | SSE212 | SSE222 | SSE232 |
| 5:30pm | SSE203 | SSE213 | SSE223 | SSE233 |
| 5:30pm | SSE204 | SSE214 | SSE224 | SSE234 |
| 6pm | SSE205 | SSE215 | SSE225 | SSE235 |
| 6pm | SSE206 | SSE216 | SSE226 | SSE236 |

SWIM CLASS DESCRIPTIONS

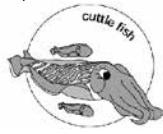
Parent/Tot Program

Cuttle Fish A Ages: 6 months-17 months

Prerequisites: Parent participation required

Skills Checklist: Infant skills-

- Exploring the pool with parent, holding positions
- Out of water and in water exploration with toys
- Blowing bubbles on surface
- Submerging mouth, nose, eyes
- Blowing bubbles with mouth submerged
- Underwater explorations
- Leg actions (kicks)
- Front float and back float with support
- Roll front to back, back to front with support
- Passing glide from parent to instructor, instructor to parent
- Arm movement, front position, combined with kicking



Cuttle Fish B Ages: 18 months-35 months

Prerequisites: Parent participation required

Skills Checklist: Toddler skills-

- Enter water in seated position, roll over from seated position, slide in
- Jump in from side
- Bobbing
- Underwater exploration (eyes open)
- Retrieving objects below the water surface
- Kick up to surface
- Front glide to parent and from parent to wall
- Passing with kicks from instructor to parent
- Front glide, drifting with breathing
- Changing positions, vertical to front and vertical to back float
- Arm movement on back, finning combined with kicking
- Exit independently at side of pool or using ladder or stairs

Preschool Program Ages 3-5

Clown Fish Level 1

Prerequisites: No swimming skills required. Parent participation optional. Student must be able to take direction from instructor.

Skills Checklist:

- Exploring the pool in shallow water
- Blowing bubbles on surface
- Submerging mouth, nose, and eyes
- Combining bubbles with submerged mouth, nose and eyes
- Underwater exploration with eyes open
- Bobs (10X)
- Front float with support
- Back float with support
- Front glide
- Kicking on front with support
- Back glide
- Kicking on back with support
- Front glide and recover to vertical position
- Back glide and recover to vertical position
- Alternating arm movements on front
- Basic water safety rules
- Wear a lifejacket on deck and enter shallow water

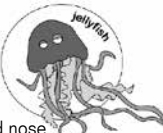


Jelly Fish Level 2

Prerequisites: Clown fish skills and able to take direction from the instructor.

Skills Checklist:

- Pool entries (seated, slide in)
- Blow bubbles through mouth and nose
- Fully submerged bobs with controlled bubbles
- Open eyes underwater and retrieve submerged objects
- Front float with support and unsupported
- Back float with support and unsupported
- Roll from front float to back float with support
- Front glide with flutter kick
- Back glide with flutter kick-arms at side
- Combined arm and leg action on front crawl
- Combined arm and leg action on back crawl
- Freestyle and recover to vertical position
- Introduction to finning
- Basic water safety rules
- Lifejacket float



Balloon Fish Level 3

Prerequisites: Jelly Fish skills

Skills Checklist:

- Pool entries (slide in, jump in, sit dive assisted)
- Rhythmic bobbing with controlled breath (10X)
- Fully submerged and retrieve objects from bottom of pool
- Front float without support
- Back float without support
- Front glide with kick, streamline body
- Back glide with kick
- Freestyle arms with flutter kick (5 yds)
- Back stroke arms with flutter kick (5 yds)
- Introduction to side breathing
- Treading water with arm and hand action
- Basic water safety rules
- Float face up in shallow water with lifejacket on 1 minute



Flying Fish Level 4

Prerequisites: Balloon Fish skills

Skills Checklist:

- Unassisted sit dive
- Freestyle with side breathing and flutter kicks (15 yds)
- Back stroke (15 yds)
- Elementary back stroke (15 yds)
- Introduction to breastbone arms
- Introduction to breastbone kicks
- Introduction to scissor kicks and sidestroke
- Introduction to butterfly kick
- Jump into deep water
- Compact dive in deep water from side of pool
- Kneeling dive in deep water from side of pool
- Tread water in deep water with arm and leg actions
- Basic water safety rules
- Jump into deep water with lifejacket on
- Demonstrate H.E.L.P position (1 minute)
- Demonstrate Huddle position (1 minute)



Youth Program Ages 6-12

Sea Turtle Level 1

Prerequisites: No swimming skills required

Skills checklist:

- Demonstrate safe pool entry and exit (slide in, steps, ladder)
- Submerge head and exhale underwater through mouth and nose
- Open eyes underwater
- Pick up submerged objects underwater
- Bobs with controlled exhalations
- Front float (supported and unsupported)
- Back float (supported and unsupported)
- Front float for 3 seconds, roll to back and back float for 3 seconds
- Front glide with flutter kick
- Back glide with flutter kick
- Roll over from front glide to back glide
- Roll over from back glide to front glide
- Freestyle with arms and legs actions (5 yds)
- Back stroke with arm and leg actions (5 yds)
- Discuss basic water safety rules
- Demonstrate proper use of a lifejacket

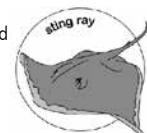


Sting Ray Level 2

Prerequisites: Sea turtle skills and comfortable in the water

Skills Checklist:

- Pool entry (jump in, compact dive assisted in deep water)
- Rhythmic bobs (10X)
- Retrieve objects from bottom of pool (shallow water)
- Freestyle with side breathing (10 yds)
- Back stroke (10 yds)
- Elementary backstroke
- Sidestroke
- Breaststroke pulls
- Breaststroke kicks
- Sculling arm action
- Finning arm action
- Treading water with arm and leg action
- Introduction to egg beater kicks
- Move in water while wearing a lifejacket
- H.E.L.P position
- Huddle position



Pelican Level 3

Prerequisites: Sting Ray skills (or Flying Fish skills mastered)

Skills Checklist:

- Pool entries (jump in deep water from side of pool, sitting dive, kneeling dive, compact dive)
- Push off in streamline position then begin flutter kick
- Push off in streamline position on back then begin kicking
- Push off in streamline position then begin dolphin kick
- Freestyle with side breathing (15 yds)
- Back stroke with flutter kicks (15 yds)
- Breaststroke (15 yds)
- Butterfly kick and body motion (5yds)
- Introduction to butterfly arms
- Egg beater kicks and arm sculling
- Tread water with arm and kick action (30 seconds -1 minute)
- Survival float on back (30 seconds in deep water)
- Feet first surface dive
- Rules for safe diving
- H.E.L.P position (1 minute)
- Huddle position (1 minute)



Platypus Level 4

(Offered only in summer)

Prerequisites: Pelican skills

Skills Checklist:

- Freestyle with side breathing and flutter kicks (25 yds)
- Back stroke with flutter kicks (25 yds)
- Breaststroke (25 yds)
- Elementary Back stroke (25 yds)
- Butterfly (15 yds)
- Tread water with egg beater kicks (1 minute)
- Swim underwater (3 body lengths)
- Open turn on front and swim 2 body lengths
- Open turn on back and swim 2 body lengths
- Swim on side with scissor kicks (15 yds)
- Dive in deep water from stride position (race dive)
- Feet first surface dive in deep water



Crocodile Level 5

(Offered only in summer)

Prerequisites: Platypus skills

Skills Checklist:

- Freestyle with side breathing (50 yds)
- Back stroke (25 yds)
- Elementary Back stroke (25 yds)
- Breaststroke (25 yds)
- Butterfly (25 yds)
- Tread water (2 minutes)
- Flip turn on front and swim 2 body lengths
- Flip turn on back and swim 2 body lengths in 1 continuous motion
- Sidestroke (25 yds)
- Dive in deep water from stride position (racing dive)
- Race start with streamline
- Tuck surface dive and pike surface dive



Great White Level 6

(Offered only in summer)

Prerequisites: Crocodile skills

Skills Checklist:

- Freestyle with side breathing (1 breath every 3rd stroke) with flip turns (100 yds)
- Back stroke with flip turns (100 yds)
- Elementary backstroke (50 yds)
- Breaststroke pull down
- Breaststroke with two hand touch turns (50 yds)
- Butterfly, breathing every other stroke, with two hand touch turns (100 yds)
- Tread water with legs only, no hands (50 yds)
- Tread water with arms (3 minutes)
- Sidestroke (50 yds)
- Swim continuously 500 yards with combination of any strokes
- Retrieve a diving brick from 8-10 feet deep water





Summer Outdoor Private Swim Lessons

Private Swim Lessons are for ages 3 years through adult, and are for any level of ability. Instruction is geared toward the individual student's ability. Private Swim Lessons are offered as a two (2) week session with a total of four (4) classes, thirty minutes (30) in length per class. Choose either M/W or T/TH classes. One student/participant is enrolled in the entire 2 week session. The City of Morgan Hill does not accept rescheduling of missed classes for this program.

Instructor: Aquatics Staff

Location: Morgan Hill Aquatics Center, Instructional Pool

Registration for these classes is on a first-come, first-served basis. You are encouraged to register early as space is limited.

Session 1:

M/W June 6 – June 15

T/TH June 7 – June 16

Session 2:

M/W June 20– June 29

T/TH June 21 – June 30

Session 3:

M/W July 6 – July 13*

T/TH July 5 – July 14

Session 4:

M/W July 18 – July 27

T/TH July 19 – July 28

Session 5:

M/W August 1 – August 10

T/TH August 2 – August 11

Resident: \$126/ CRC Member: \$116

Non-Resident: \$136/ CRC Member: \$126

Session 3: M/W - Price Only:

*No class on Monday, July 4th

Residents: \$95/CRC Members \$87

Non-Resident: \$102/CRC Member: \$95

| Time | Session 1 | | Session 2 | |
|------------|-------------------|--------------------|--------------------|---------------------|
| | M/W 6/6 - 6/15 | T/TH 6/7 - 6/16 | M/W 6/20 - 6/29 | T/TH 6/21 - 6/30 |
| Activity # | Activity # | Activity # | Activity # | Activity # |
| 8:30am | SSE001 | SSE023 | SSE045 | SSE067 |
| 8:30am | SSE002 | SSE024 | SSE046 | SSE068 |
| 9am | SSE003 | SSE025 | SSE047 | SSE069 |
| 9am | SSE004 | SSE026 | SSE048 | SSE070 |
| 9:30am | SSE005 | SSE027 | SSE049 | SSE071 |
| 9:30am | SSE006 | SSE028 | SSE050 | SSE072 |
| 10am | SSE007 | SSE029 | SSE051 | SSE073 |
| 10am | SSE008 | SSE030 | SSE052 | SSE074 |
| 10:30am | SSE009 | SSE031 | SSE053 | SSE075 |
| 10:30am | SSE010 | SSE032 | SSE054 | SSE076 |
| 11am | SSE011 | SSE033 | SSE055 | SSE077 |
| 11am | SSE012 | SSE034 | SSE056 | SSE078 |
| 4:30pm | SSE013 | SSE035 | SSE057 | SSE079 |
| 4:30pm | SSE014 | SSE036 | SSE058 | SSE080 |
| 5pm | SSE015 | SSE037 | SSE059 | SSE081 |
| 5pm | SSE016 | SSE038 | SSE060 | SSE082 |
| 5:30pm | SSE017 | SSE039 | SSE061 | SSE083 |
| 5:30pm | SSE018 | SSE040 | SSE062 | SSE084 |
| 6pm | SSE019 | SSE041 | SSE063 | SSE085 |
| 6pm | SSE020 | SSE042 | SSE064 | SSE086 |
| 6:30pm | SSE021 | SSE043 | SSE065 | SSE087 |
| 6:30pm | SSE022 | SSE044 | SSE066 | SSE088 |

| Time | Session 3 | | Session 4 | | Session 5 | |
|------------|-------------------|--------------------|--------------------|---------------------|-------------------|--------------------|
| | M/W 7/6 - 7/13 | T/TH 7/5 - 7/14 | M/W 7/18 - 7/27 | T/TH 7/19 - 7/28 | M/W 8/1 - 8/10 | T/TH 8/2 - 8/11 |
| Activity # | Activity # | Activity # | Activity # | Activity # | Activity # | Activity # |
| 8:30am | SSE089 | SSE111 | SSE133 | SSE155 | ----- | ----- |
| 8:30am | SSE090 | SSE112 | SSE134 | SSE156 | ----- | ----- |
| 9am | SSE091 | SSE113 | SSE135 | SSE157 | ----- | ----- |
| 9am | SSE092 | SSE114 | SSE136 | SSE158 | ----- | ----- |
| 9:30am | SSE093 | SSE115 | SSE137 | SSE159 | ----- | ----- |
| 9:30am | SSE094 | SSE116 | SSE138 | SSE160 | ----- | ----- |
| 10am | SSE095 | SSE117 | SSE139 | SSE161 | ----- | ----- |
| 10am | SSE096 | SSE118 | SSE140 | SSE162 | ----- | ----- |
| 10:30am | SSE097 | SSE119 | SSE141 | SSE163 | ----- | ----- |
| 10:30am | SSE098 | SSE120 | SSE142 | SSE164 | ----- | ----- |
| 11am | SSE099 | SSE121 | SSE143 | SSE165 | ----- | ----- |
| 11am | SSE100 | SSE122 | SSE144 | SSE166 | ----- | ----- |
| 4:30pm | SSE101 | SSE123 | SSE145 | SSE167 | SSE177 | SSE187 |
| 4:30pm | SSE102 | SSE124 | SSE146 | SSE168 | SSE178 | SSE188 |
| 5pm | SSE103 | SSE125 | SSE147 | SSE169 | SSE179 | SSE189 |
| 5pm | SSE104 | SSE126 | SSE148 | SSE170 | SSE180 | SSE190 |
| 5:30pm | SSE105 | SSE127 | SSE149 | SSE171 | SSE181 | SSE191 |
| 5:30pm | SSE106 | SSE128 | SSE150 | SSE172 | SSE182 | SSE192 |
| 6pm | SSE107 | SSE129 | SSE151 | SSE173 | SSE183 | SSE193 |
| 6pm | SSE108 | SSE130 | SSE152 | SSE174 | SSE184 | SSE194 |
| 6:30pm | SSE109 | SSE131 | SSE153 | SSE175 | SSE185 | SSE195 |
| 6:30pm | SSE110 | SSE132 | SSE154 | SSE176 | SSE186 | SSE196 |

Karate



KEMPO KARATE

The Karate program is run under the guidance of Sifu Marieta Delacruz. Participants of all skill levels are welcome. Classes are run Tuesdays, Thursdays and Saturdays, and individuals, families, and siblings are all encouraged to participate.

Options are available to participate one, two or three days a week, depending on the program. Call or Text Marieta (408) 607-4313 for unlisted schedules like T/SA, Th/SA or three

days a week. Classes are offered in three levels.

Instructors: Sifu Marieta Delacruz and Jason Joy

Location: Centennial Recreation Center, Multi-Purpose Room-T/TH
Centennial Recreation Center, Aerobics Room-SA

LIL' DRAGONS KARATE: SAFETY & LIFE SKILLS (AGES 5-6YRS)

This is a fun class that teaches safety, life skills and martial arts. The focus is to improve safety, coordination, cooperation, respect, balance, self-control and self-confidence. All classes are paid for on a monthly basis. Payment must be received prior to the first day of the month.

Lil' Dragons Monthly Fee 1 Day/Week (T or Th)

Resident: \$50 / CRC Member: \$45

Non-Resident: \$55 / CRC Member: \$50

Sibling Discount: \$8 off second and third family members

Lil' Dragons Monthly Fee 2 Days/Week (T/Th)

Resident: \$70 / CRC Member: \$65

Non-Resident: \$75 / CRC Member: \$70

Sibling Discount: \$8 off second and third family members

KEMPO KARATE (45 MINUTES; AGES 7YRS+)

Students will learn self-defense techniques against grabs, punches and kicks. They will gain confidence, self-control, discipline, strength, focus, respect, and build character. Sparring will be practiced with matches and sparring drills.

Beginning Kempo Monthly Fee 1 Day/Week - T, TH, or SA

Resident: \$60 / CRC Member: \$55

Non-Resident: \$65 / CRC Member: \$60

Sibling Discount: \$8 off second and third family members

Beginning Kempo Monthly Fee 2 Days/Week - T/TH

Resident: \$85 / CRC Member: \$80

Non-Resident: \$90 / CRC Member: \$85

Sibling Discount: \$8 off second and third family members

KEMPO KARATE (60 MINUTES; AGES 10YRS+)

Students will learn self-defense techniques against grabs, punches, and kicks. They will gain confidence, self-control, discipline, focus, respect, strength and flexibility, and build character. Sparring will be practiced with matches and sparring drills. All students must purchase their own safety gear. Weapons such as the Bo Staff and Escrima Sticks will also be offered.

Kempo Monthly Fee 1 Day per Week - T, TH, or SA

Resident: \$70 / CRC Member: \$65

Non-Resident: \$75 / CRC Member: \$70

Sibling Discount: \$8 off second and third family members

Kempo Monthly Fee 2 Days per Week - T/TH

Resident: \$100 / CRC Member: \$95

Non-Resident: \$105 / CRC Member: \$100

Sibling Discount: \$8 off second and third family members

Material Fee for Classes: Depending on program, an additional \$86-\$105 fee is charged by the instructor for uniform, gloves, patch and written material. This fee and equipment is not required for the first class, but will be needed for belt advancement.

| | | JUNE 6/4-6/30 | JULY 7/5-7/30 | AUGUST 8/2-8/27 |
|--|--------|------------------|------------------|--------------------|
| Class/Time | Day | Activity # | Activity # | Activity # |
| Lil' Dragons Ages: 5-6yrs | | | | |
| 4:30pm-5pm | T | SSU001 | SSU015 | SSU029 |
| 4:30pm-5pm | TH | SSU002 | SSU016 | SSU030 |
| 4:30pm-5pm | T & TH | SSU003 | SSU017 | SSU031 |
| Kempo Karate | | | | |
| 5pm-5:45pm | T | SSU004 | SSU018 | SSU032 |
| 5pm-5:45pm | TH | SSU005 | SSU019 | SSU033 |
| 5pm-5:45pm | T & TH | SSU006 | SSU020 | SSU034 |
| 2pm-2:45pm | SA | SSU007 | SSU021 | SSU035 |
| Kempo Karate - Juniors All Levels Ages: 10yrs+ | | | | |
| 5:45pm-6:45pm | T | SSU008 | SSU022 | SSU036 |
| 5:45pm-6:45pm | TH | SSU009 | SSU023 | SSU037 |
| 5:45pm-6:45pm | T & TH | SSU010 | SSU024 | SSU038 |
| Kempo Karate - Teen/Adult All Levels Ages: T/TH 13yrs+, SA 10yrs+ | | | | |
| 6:45pm-7:45pm | T | SSU011 | SSU025 | SSU039 |
| 6:45pm-7:45pm | TH | SSU012 | SSU026 | SSU040 |
| 6:45pm-7:45pm | T & TH | SSU013 | SSU027 | SSU041 |
| 3pm-4pm | SA | SSU014 | SSU028 | SSU042 |





MORGAN HILL RECREATION PRESCHOOL PROGRAM

FALL 2016-2017

For more information or to register please contact the
Community and Cultural Center at 408.310.4277.

**Is Your Child Ready to Start
School?**

WE CAN HELP!

The City of Morgan Hill Recreation Department offers a play-based preschool in a safe and nurturing environment. We will introduce different material and hands-on learning opportunities through art, music, language, reading and math readiness, and motor-skill activities. Oral language will be encouraged through circle time activities and we will work on the social skills of cooperating within a group, listening, and solving problems. This program will help your child to develop social and basic academic skills to prepare him/her for school.



**Registration
is now open!**
Inquire at
408-310-4277

PRESCHOOL

LITTLE LEARNERS (AGE 3-4 YEARS)

Little Learners provides a fun and enriching experience with an emphasis on developing social and play skills through activities such as games, songs, finger plays, stories and art. Children MUST be 3 by 9/1/16.

| Dates | Day | Time |
|---------------|------|-------------|
| 9/6/16-6/1/17 | T/TH | 9am-11:30am |

Resident: \$204 / CRC Member: \$194

Non Resident: \$214 / CRC Member: \$204

Annual tuition has been averaged to create equal monthly payments.

KINDER LEARNERS (AGE 4-5 YEARS)

Children will develop social interaction skills through creative learning experiences. Language development, pre-reading, science, math, art games, music, motor skills, drama and free play are emphasized to prepare the children for kindergarten. Children MUST be 4 by 12/1/16. WAIT LIST OPEN

| Dates | Day | Time |
|---------------|-------|----------------|
| 9/7/16-6/2/17 | M/W/F | 8:30am-11:30am |

Resident: \$299 / CRC Member: \$289

Non Resident: \$309 / CRC Member: \$299

Annual tuition has been averaged to create equal monthly payments.

AFTERNOON PRESCHOOL

(AGE 3-5 YEARS)

This afternoon program will be open to 3-5 year olds and will help children develop social and play skills through activities, games, songs, stories, and art. Children MUST be 3 by 9/1/16.

| Dates | Day | Time |
|---------------|--------|----------------|
| 9/6/16-6/1/17 | T/W/TH | 12:30pm-3:30pm |

Resident: \$299 / CRC Member: \$289

Non Resident: \$309 / CRC Member: \$299

Annual tuition has been averaged to create equal monthly payments.



MORGAN HILL RECREATION PRESCHOOL SUMMER CAMP

This summer camp is designed for children ages 3 to 5 years old. We provide a fun and enriching experience with an emphasis on developing social and play skills through activities such as: songs, finger plays, stories, water games, free choice play, music and movement games and art. Children will develop social interaction skills through creative learning experiences. Classes are 3 hours long and meet 3 times per week. Please provide a snack for your child.

Instructor: Recreation Staff

Location: Community and Cultural Center, Children's Pavilion

| Activity# | Dates | Day | Time | Sessions |
|-----------|-----------|--------|----------|----------|
| SSK001 | 7/5-7/7 | T/W/TH | 9am-12pm | 3 |
| SSK002 | 7/12-7/14 | T/W/TH | 9am-12pm | 3 |
| SSK003 | 7/19-7/21 | T/W/TH | 9am-12pm | 3 |
| SSK004 | 7/26-7/28 | T/W/TH | 9am-12pm | 3 |

Weekly Fee:

Resident: \$80 / CRC Member: \$75

Non Resident: \$85 / CRC Member \$80

Call 408.782.0008 or visit www.mhreonline.com to register online.

Morgan Hill Summer Day Camp Program

OUR TRADITIONAL DAY CAMP OFFERS FUN, SAFE, AND WELL SUPERVISED CAMP ACTIVITIES.



TRADITIONAL DAY CAMP:

Monday – Friday, 9am -4pm

Fees: Resident: \$225 / CRC Member: \$215

Non-Resident: \$235 / CRC Member: \$225

| Activity # | Week | Date | Thursday Event/Field Trip |
|------------|------|-----------|--------------------------------------|
| SSK049 | 1 | 6/13-6/17 | Golfand – San Jose |
| SSK050 | 2 | 6/20-6/24 | Heroes Join Forces – Onsite Event |
| SSK051 | 3 | 6/27-7/1 | Happy Hollow Park – San Jose |
| SSK052 | 4 | 7/5-7/8* | Dancing Through Life – Onsite Event |
| SSK053 | 5 | 7/11-7/15 | Tech Museum – San Jose |
| SSK054 | 6 | 7/18-7/22 | Shiver Me Timbers – Onsite Event |
| SSK055 | 7 | 7/25-7/29 | Gilroy Gardens -Gilroy |
| SSK056 | 8 | 8/1-8/5 | Cirque de Morgan Hill – Onsite Event |

*No Program 7/4

Theme

Meeting New Friends
What's your Super Power?
Jungle Quest
Moovin' and Groovin'
Hawaiian Hulaaloo
Pirates and Princesses
Olympics Extravaganza
Under the Big Top

CAMP LOCATIONS:

M/W/TH/F: Community and Cultural Center (CCC)
17000 Monterey Road

Tuesdays: Aquatics Center (AC)
16200 Condit Road

Ages 5-10

This high-energy camp includes interactive games, sports, exploratory art, water games, music, camp singing, team-building activities, and science projects. The weekly schedule of activities will be provided to parents every Monday morning. Extended care is also available before or after our normal camp hours.

Documents Required with Registration: All camp participants must have a current Information Form on file for 2016. Forms are available at the CRC or CCC Welcome Desk.

Please register by the Friday before each camp session; a \$20 late fee will be charged for those who sign-up for camp on the Monday of each session.

EXTENDED CAMP HOURS:

Extended camp is designed for parents who need additional care or for campers who can't get enough of our camp!

A Late Pick Up fee of \$10 will apply after 5:45pm and \$20 after 6pm.

AM Extended Care Hours:

Monday – Friday, 7:30am -9am

| Activity # | Week | Date |
|------------|------|-----------|
| SSK057 | 1 | 6/13-6/17 |
| SSK058 | 2 | 6/20-6/24 |
| SSK059 | 3 | 6/27-7/1 |
| SSK060 | 4 | 7/5-7/8* |
| SSK061 | 5 | 7/11-7/15 |
| SSK062 | 6 | 7/18-7/22 |
| SSK063 | 7 | 7/25-7/29 |
| SSK064 | 8 | 8/1-8/5 |

*No Program 7/4

PM Extended Care Hours:

Monday – Friday, 4pm -5:45pm

| Activity # | Week | Date |
|------------|------|-----------|
| SSK065 | 1 | 6/13-6/17 |
| SSK066 | 2 | 6/20-6/24 |
| SSK067 | 3 | 6/27-7/1 |
| SSK068 | 4 | 7/5-7/8* |
| SSK069 | 5 | 7/11-7/15 |
| SSK070 | 6 | 7/18-7/22 |
| SSK071 | 7 | 7/25-7/29 |
| SSK072 | 8 | 8/1-8/5 |

*No Program 7/4

Fees apply to each activity number.

Fees: Resident: \$30 / CRC Member: \$25

Non-Resident: \$35 / CRC Member: \$30

FLIX Camps



LIVE ACTION FLIX

Have a blast making a movie! We'll guide you from "Action" to "That's a wrap" as you brainstorm, location scout, bring in props/costumes, act and direct in a collaborative movie that will be fun for the entire audience. *Flix downloadable a month after camp ends.

Instructor: IncrediFlix Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Dates | Day | Time | Age | Session |
|-----------|----------|-----|----------|---------|---------|
| SSK005 | 6/27-7/1 | M-F | 9am-12pm | 7-13yrs | 5 |

Material Fee: \$30 (due to IncrediFlix on the first day of camp)

Resident: \$200 / CRC Member: \$190

Non Resident: \$210 / CRC Member: \$200



LEGO FLIX

Bring your Legos to life in Lego stop-motion animated Flix! We provide the Legos, and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot, and add voice-over in age-appropriate groups. *Flix downloadable a month after camp ends.

Instructor: IncrediFlix Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Dates | Day | Time | Age | Session |
|-----------|------------|-----|-----------|---------|---------|
| SSK006 | 6/27 - 7/1 | M-F | 1pm - 4pm | 7-13yrs | 5 |

Material Fee: \$30 (due to IncrediFlix on the first day of camp)

Resident: \$200 / CRC Member: \$190

Non Resident: \$210 / CRC Member: \$200

TAKE THE COMBO CAMP FOR A FULL DAY OF FUN



LIVE ACTION AND LEGO COMBO FLIX

Registration discount and lunch supervision available to those who register for an IncrediFlix full day combo camp. *Bring your own sack lunch

Instructor: IncrediFlix Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Dates | Day | Time | Age | Session |
|-----------|----------|-----|---------|---------|---------|
| SSK007 | 6/27-7/1 | M-F | 9am-4pm | 7-13yrs | 5 |

Material Fee: \$60 (due to IncrediFlix on the first day of camp)

Resident: \$352 / CRC Member: \$342

Non Resident: \$362 / CRC Member: \$352



MINECRAFT FLIX

Turn the popular video games into an exciting Minecraft world made out of paper. Using stop-motion animation, you'll bring Steve, the creepers and more to life! Students will write, storyboard, shoot, and add voice-over in age-appropriate groups. *Flix downloadable a month after camp ends.

Instructor: IncrediFlix Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Dates | Day | Time | Age | Session |
|-----------|---------|-----|----------|---------|---------|
| SSK008 | 8/1-8/5 | M-F | 9am-12pm | 7-13yrs | 5 |

Material Fee: \$30 (due to IncrediFlix on the first day of camp)

Resident: \$200 / CRC Member: \$190

Non Resident: \$210 / CRC Member: \$200



IMAGINATION FLIX

Take your characters underwater, to a volcano or even to outer space! In this exciting stop-motion animation camp, there are no limits to where your imagination can take you. You'll brainstorm, create clay characters, choose the backgrounds, film your movies, and add voice-overs, while working in age-appropriate groups. *Flix downloadable a month after camp ends.

Instructor: IncrediFlix Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Dates | Day | Time | Age | Session |
|-----------|---------|-----|---------|---------|---------|
| SSK009 | 8/1-8/5 | M-F | 1pm-4pm | 7-13yrs | 5 |

Material Fee: \$30 (due to IncrediFlix on the first day of camp)

Resident: \$200 / CRC Member: \$190

Non Resident: \$210 / CRC Member: \$200

TAKE THE COMBO CAMP FOR A FULL DAY OF FUN



MINECRAFT AND IMAGINATION COMBO FLIX

Registration discount and lunch supervision available to those who register for an IncrediFlix full day combo camp. *Bring your own sack lunch

Instructor: IncrediFlix Staff

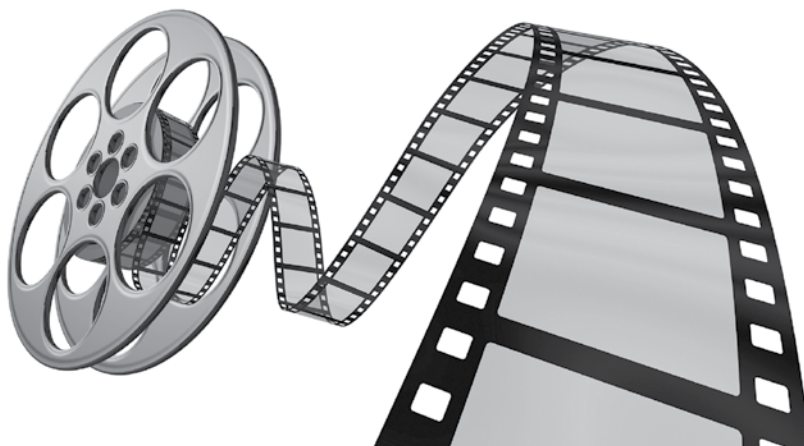
Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Dates | Day | Time | Age | Session |
|-----------|---------|-----|---------|---------|---------|
| SSK010 | 8/1-8/5 | M-F | 9am-4pm | 7-13yrs | 5 |

Material Fee: \$60 (due to IncrediFlix on the first day of camp)

Resident: \$352 / CRC Member: \$342

Non Resident: \$362 / CRC Member: \$352



Science Technology Lego Camps

CAMPS

SCIENCE/TECH/LEGO



MAD SCIENCE – CHESS CAMP



Checkmate! Chess makes chess fun for 3 hours daily! We bring pieces to life using creative personalities. Our imaginative characters accelerate the learning process and fascinate children. Play with our giant chess set – the biggest you've ever seen! Find out why chess is the most popular game in the world. We cover all rules, strategies and tactics. This camp is appropriate for beginners through intermediate players. (\$35 Materials Fee included in the price).

Instructor: Mad Science Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|----------|---------|----------|
| SSK011 | 7/18-7/22 | M-F | 9am-12pm | 6-12yrs | 5 |

Resident: \$264 / CRC Member \$254

Non-Resident: \$274/ CRC Member \$264



MAD SCIENCE- JET CADETS



It's a bird! It's a plane! No, it's...everything from the earliest flying machines to the first rocket flights! This hands-on Mad Science program teaches you all about aerodynamics and the world above us! Explore the basic principles of flight, build airplanes, ride a hovercraft and construct balloon copters. Discover the mysteries of the galaxy, learn about celestial navigation, and take home a rocket that you build yourself!

Instructor: Mad Science Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|---------|-----|----------|---------|----------|
| SSK012 | 7/5-7/8 | T-F | 9am-12pm | 5-12yrs | 4 |
| SSK013 | 7/5-7/8 | T-F | 9am-3pm | 5-12yrs | 4 |

Half Day

Resident: \$213 / CRC Member \$203

Non-Resident: \$223 / CRC Member \$213

Full Day

Resident: \$305 / CRC Member \$295

Non-Resident: \$315/ CRC Member \$305



MAD SCIENCE- REACTIONS IN ACTION CAMP



Junior Mad Scientists dive into the realms of the Chemical and Physical world in this crazy week of non-stop action – and Reaction! Kids explore our wonderlab and find eggs that don't break, ice that doesn't melt and discover how to freeze time!

Our young chemists perform spectacular hands on experiments and continue the fun at home with the gadgets they've designed in the lab! \$35 Materials Fee included in the price.

Instructor: Mad Science Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|----------|---------|----------|
| SSK014 | 8/8-8/12 | M-F | 9am-12pm | 5-12yrs | 5 |
| SSK015 | 8/8-8/12 | M-F | 9am-3pm | 5-12yrs | 5 |

Half Day

Resident: \$264 / CRC Member \$254

Non-Resident: \$274 / CRC Member \$264

Full Day

Resident: \$379 / CRC Member \$369

Non-Resident: \$389/ CRC Member \$379



JEDI ENGINEERING USING LEGO®



The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO® X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Instructor: Play-Well TEKologies Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|----------|--------|----------|
| SSK016 | 6/20-6/24 | M-F | 9am-12pm | 5-6yrs | 5 |

Residents: \$210 / CRC Member: \$200

Non Resident: \$220/ CRC Member: \$210



JEDI MASTER ENGINEERING USING LEGO®



The Force Awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away.

Instructor: Play-Well TEKologies Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|---------|---------|----------|
| SSK017 | 6/20-6/24 | M-F | 1pm-4pm | 7-11yrs | 5 |

Residents: \$210 / CRC Member: \$200

Non Resident: \$220 / CRC Discount: \$210



CONSTRUCTION VEHICLES AND MACHINES USING LEGO®



Dig into engineering with big trucks, construction vehicles and super machines. Explore the engineering terms, concepts, and vocabulary behind large scale building machines. Build and learn about steamrollers, bulldozers, wrecking balls, tower cranes, and more while building with your favorite building system LEGO®.

Instructor: Play-Well TEKologies Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|----------|--------|----------|
| SSK018 | 7/11-7/15 | M-F | 9am-12pm | 5-6yrs | 5 |

Residents: \$210 / CRC Member: \$200

Non Resident: \$220 / CRC Discount: \$210

Lego Camps



ECO ENGINEERING USING LEGO®



Design a recycling plant, save the salmon swimming upstream, harness wind energy, and build a wildlife bridge across the freeway. Celebrate nature, think sustainably, and understand the human world in a LEGO camp focused on using earth's resources responsibly.

Instructor: Play-Well TEKologies Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|---------|---------|----------|
| SSK019 | 7/11-7/15 | M-F | 1pm-4pm | 7-11yrs | 5 |

Residents: \$210 / CRC Member: \$200

Non Resident: \$220 / CRC Discount: \$210



ROBOTICS USING LEGO® WEDO



Build and program robots in this introductory Robotics class using the LEGO® WeDo system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to

prepare young Robotics enthusiasts for our more advanced Robotics programs.

Instructor: Play-Well TEKologies Staff

Location: Community and Cultural Center, Poppy Jasper Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|----------|--------|----------|
| SSK020 | 8/8-8/12 | M-F | 9am-12pm | 6-8yrs | 5 |

Residents: \$260 / CRC Member: \$250

Non Resident: \$270 / CRC Discount: \$260



ROBOTICS USING LEGO® EV3



Build and program robots using the new LEGO® Mindstorms EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open-ended,

investigative environment while having fun.

Instructor: Play-Well TEKologies Staff

Location: Community and Cultural Center, Poppy Jasper Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|---------|---------|----------|
| SSK021 | 8/8-8/12 | M-F | 1pm-4pm | 8-12yrs | 5 |

Residents: \$260 / CRC Member: \$250

Non Resident: \$270 / CRC Discount: \$260



Development Asset Identifier

Details on pages 6.

Sports Camps



MINI-HAWK



Skyhawks Mini-Hawk camp was developed to give 4-7 year olds a positive first step into athletics. Soccer, baseball and flag football are taught in a safe, structured environment filled with encouragement and fun. Campers receive a Skyhawks sports ball and t-shirt. Please bring a water bottle and snacks.

Instructor: Skyhawks Staff

Location: Community Park (Ball Fields)

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|----------|--------|----------|
| SSK033 | 6/6-6/10 | M-F | 9am-12pm | 4-7yrs | 5 |

Resident: \$155 / CRC Member: \$145

Non Resident: \$165 / CRC Member: \$155



MULTI-SPORT



Skyhawks Multi-Sport camp combines soccer, baseball and flag football into one fun-filled week. Participants will learn the essential rules and skills of each sport, along with vital life lessons such as respect and teamwork. Campers receive

a Skyhawks sports ball and t-shirt. Please bring a water bottle and snacks.

Instructor: Skyhawks Staff

Location: Community Park (Ball Fields)

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|----------|---------|----------|
| SSK034 | 6/6-6/10 | M-F | 9am-12pm | 7-12yrs | 5 |

Resident: \$155 / CRC Member: \$145

Non Resident: \$165 / CRC Member: \$155



SKYHAWKS BASEBALL



Skyhawks Baseball camp focuses on the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment. All athletes regardless of skill level will learn new baseball skills along with vital life lessons

such as respect, teamwork and responsibility. Campers receive a Skyhawks t-shirt and merit award. Please bring a water bottle and snacks.

Instructor: Skyhawks Staff

Location: Community Park, (Ball Fields)

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|---------|-----|----------|---------|----------|
| SSK035 | 7/5-7/8 | T-F | 9am-12pm | 7-12yrs | 4 |

Resident: \$130 / CRC Member: \$120

Non Resident: \$140 / CRC Member: \$130



SKYHAWKS BASKETBALL (OUTDOOR)



Skyhawks Basketball is a fun, skill-intensive program designed for beginning to intermediate players. We focus on the whole player by teaching respect, teamwork, and responsibility. Participants will learn passing, shooting, dribbling, rebounding and defense. Campers receive a Skyhawks basketball and t-shirt. Please bring a water bottle and snacks.

Instructor: Skyhawks Staff

Location: Community Park, Outdoor Courts

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|----------|---------|----------|
| SSK036 | 7/18-7/22 | M-F | 9am-12pm | 6-12yrs | 5 |

Resident: \$155 / CRC Member: \$145

Non Resident: \$165 / CRC Member: \$155

CAMPS

SPORTS

27

Sports / Dance Camps



DANCE CAMP



Learn ballet and jazz while having fun. Your children will acquire performing and social skills as they work as a team toward a final studio performance. Attire: proper dancewear and no athletic shoes.

Instructor: Paula Johnson

Location: Community and Cultural Center, Mira Monte Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|---------|-----|-----------|---------|----------|
| SSK028 | 6/20-24 | M-F | 10am-12pm | 5-12yrs | 5 |

Resident: \$84 / CRC Member: \$79

Non Resident: \$89 / CRC Member: \$84



WORLD CUP SOCCER CAMP



Your Sport...Our Passion! Since 1991 World Cup Soccer Camps & Clinics has set the standard of excellence for youth soccer camps and classes. With an emphasis on instruction, your child will receive the highest level of attention in a fun and safe environment. Our morning sessions are dedicated to technical training and developing skills. We create many

touches on the ball to make it exciting and to improve your child's game. Half days conclude with small-sided games. In the afternoons we play games where we work on tactics and positioning. All our coaches are skilled players, great with children and love to teach. With a 1 to 10, coach to player ratio, we are able to focus on high-quality and individualized training. Your child will be a better player after camp while having a lot of fun.

You can choose between Full Day and Half Day with the following camp choices: The U6-Fussball Academy (ages 5-6), the Classic Skill camp (all levels, ages 7-9) and the Advanced Player's camp (more experienced players, ages 10-13). Goalkeeper training and Team Camps are also available.

Instructor: World Cup Soccer Camp Staff

Location: Galvan Park, Soccer Fields

| Activity# | Date | Day | Time | Age | Sessions |
|------------------------|-----------|-----|-------------|----------|----------|
| U6-Fussball Academy | | | | | |
| SSK037 | 7/25-7/29 | M-F | 9am-12:30pm | 5-6yrs | 5 |
| SSK038 | 7/25-7/29 | M-F | 9am-3pm | 5-6yrs | 5 |
| SSK039 | 8/8-8/12 | M-F | 9am-12:30pm | 5-6yrs | 5 |
| SSK040 | 8/8-8/12 | M-F | 9am-3pm | 5-6yrs | 5 |
| Classic Skills Camp | | | | | |
| SSK041 | 7/25-7/29 | M-F | 9am-12:30pm | 7-9yrs | 5 |
| SSK042 | 7/25-7/29 | M-F | 9am-3pm | 7-9yrs | 5 |
| SSK043 | 8/8-8/12 | M-F | 9am-12:30pm | 7-9yrs | 5 |
| SSK044 | 8/8-8/12 | M-F | 9am-3pm | 7-9yrs | 5 |
| Advanced Player's Camp | | | | | |
| SSK045 | 7/25-7/29 | M-F | 9am-12:30pm | 10-13yrs | 5 |
| SSK046 | 7/25-7/29 | M-F | 9am-3pm | 10-13yrs | 5 |
| SSK047 | 8/8-8/12 | M-F | 9am-12:30pm | 10-13yrs | 5 |
| SSK048 | 8/8-8/12 | M-F | 9am-3pm | 10-13yrs | 5 |

Morning Extended Care is available between 8am-9am by appointment (\$10/hour).

Afternoon Extended Care is available between 3pm-4pm by appointment (\$10/hour).

Please Contact World Cup Soccer for Extended Care <http://www.worldcupsoccercamps.com/>

Half Day

Resident: \$209 / CRC Member: \$199

Non-Resident: \$219 / CRC Member: \$209

Full Day

Resident: \$289 / CRC Member: \$279

Non-Resident: \$299 / CRC Member: \$289



"FUNDAMENTAL FIELD HOCKEY" CAMP



The Field Hockey Camps by National Academy of Athletics was developed to help beginners through intermediate players improve their skill sets with the opportunity to become better field hockey players in a fun, positive environment. Each camp offers great skill training, scrimmaging, fundamentals around proper grip and posture, ball control, receiving and trapping, passing and tackling and fun!

Instructor: National Academy of Athletics Staff

Location: Galvan Park Soccer Fields

| Activity # | Date | Day | Time | Age | Sessions |
|------------|-----------|-----|----------|---------|----------|
| SSK073 | 7/11-7/15 | M-F | 9am-12pm | 7-13yrs | 5 |

Resident: \$184/ CRC Member: \$174

Non Resident: \$194/ CRC Member: \$184



"HIGH SPIRIT CHEER" CAMP



This High Spirit cheerleading camp by National Academy of Athletics packs a ton of cheer fundamentals, as well as simple fun routines and lessons! The staff guides participants through the process of improving their individual skills, while developing their confidence and understanding of basic cheer concepts and skills.

Instructor: National Academy of Athletics Staff

Location: Galvan Park Soccer Fields

| Activity # | Date | Day | Time | Age | Sessions |
|------------|-----------|-----|----------|---------|----------|
| SSK074 | 7/18-7/22 | M-F | 9am-12pm | 7-13yrs | 5 |

Resident: \$184/ CRC Member: \$174

Non Resident: \$194/ CRC Member: \$184



"AIR ATTACK" FLAG FOOTBALL CAMP



Ready to play some football? Whether you are a beginner or advanced player, the drills taught by National Academy of Athletics at this camp will help you improve your game. Emphasis will be on proper conditioning and warm-ups, footwork drills, agility, passing, receiving, and game strategies. Campers are grouped by age and ability to learn appropriate drills, skills, and techniques.

Instructor: National Academy of Athletics Staff

Location: Galvan Park Soccer Fields

| Activity # | Date | Day | Time | Age | Sessions |
|------------|-----------|-----|----------|---------|----------|
| SSK075 | 7/18-7/22 | M-F | 9am-12pm | 7-13yrs | 5 |

Resident: \$184/ CRC Member: \$174

Non Resident: \$194/ CRC Member: \$184



KIDZ LOVE SOCCER CAMP



Spend a week enjoying the world's most popular sport in a fun, recreational environment. Learn and practice soccer skills including: dribbling, passing, receiving and shooting. Everyone is a winner as the week's fun culminates in an age-appropriate "World Cup" tournament.

All campers will receive a soccer ball and jersey. Campers must bring a full water bottle and a snack. ALL PARTICIPANTS MUST WEAR SHIN GUARDS. Soccer shoes and sunscreen are recommended.

Instructor: Kidz Love Soccer Staff

Location: Galvan Park Soccer Field

| Activity # | Date | Day | Time | Age | Sessions |
|------------|---------|-----|----------|---------|----------|
| SSK030 | 8/1-8/5 | M-F | 9am-12pm | 4½-6yrs | 5 |
| SSK031 | 8/1-8/5 | M-F | 9am-12pm | 7-8 yrs | 5 |
| SSK032 | 8/1-8/5 | M-F | 9am-12pm | 9-10yrs | 5 |

Resident: \$159 / CRC Member: \$149

Non Resident: \$169 / CRC Member: \$159

ART ART ART CAMPS

CAMPS ART



BOOKS AND ART PRESCHOOL CAMP

Preschool children will explore the world of different authors in this 5 day workshop full of art and reading. Each day we will read a different famous author book like Eric Carle, Dr. Seuss, Laura Numeroff and many more. Afterward we will draw a Young Rembrandts lesson which incorporates one aspect of the book we just enjoyed reading together. Our creativity and imagination will play together as we create wonderful drawings each day. Come explore the land of authors with Young Rembrandts! No drawings or authors repeated.

Instructor: Young Rembrandts Staff

Location: Community and Cultural Center, Children's Pavilion

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|----------------|---------|----------|
| SSK022 | 6/13-6/17 | M-F | 9:30am-12:30pm | 3½-5yrs | 5 |
| SSK023 | 6/27-7/1 | M-F | 9:30am-12:30pm | 3½-5yrs | 5 |
| SSK024 | 8/1-8/5 | M-F | 9:30am-12:30pm | 3½-5yrs | 5 |

Resident: \$255/ CRC Member: \$245

Non Resident: \$265/ CRC Member: \$255



MONSTERS, CREATURES AND CREEPS CAMP

Laugh-out-loud funny! Mind-bendingly-creepy! Eerie-but-exciting! These are just some of the words that best describe our Monsters, Creatures and Creeps workshop. If your child is a fan of creepy, crawly monsters, this Summer Art workshop is the perfect fit. Over the course of five days, your child will learn to draw and cartoon a variety of characters and even complete a large composition using pastels. They will learn to draw monsters of all shapes, sizes and colors. There are big monsters... and little monsters! Furry monsters ...and scaly monsters! If we can imagine a monster, we'll draw it! They will learn how to draw amazing cartoon characters with humorous expressions and animated poses. Be a part of something fun and special. Enroll your budding artist today!

Instructor: Young Rembrandts Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|----------|---------|----------|
| SSK025 | 6/13-6/17 | M-F | 9am-12pm | 8-12yrs | 5 |

Resident: \$255/ CRC Member: \$245

Non Resident: \$265/ CRC Member: \$255



JUNIOR PRINCESS CAMP

Everybody loves to play dress-up! In this workshop we will learn to draw ourselves in "glamour" wear. Each day we will draw different elements like accessories including purses, crowns and jewelry. Kids will draw simple faces with crowns and hats. On the last day we revisit the days while we draw figures wearing fancy gowns with a variety of accessories.

Step-by-step Young Rembrandts drawing techniques will insure our success! Pencils, color pencils, markers and Sharpies™ will be used.

Instructor: Young Rembrandts Staff

Location: Community and Cultural Center, Machado Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|----------|--------|----------|
| SSK026 | 7/11-7/15 | M-F | 9am-12pm | 5-7yrs | 5 |

Resident: \$255/ CRC Member: \$245

Non Resident: \$265/ CRC Member: \$255



SUMMER ART CAMP - MASTER ARTISTS

Spend time learning about and replicating some Master Artists with Young Rembrandts. We will draw variety awe-inspiring images from many familiar artistic masters, all while exploring different media. We will create a large scene reminiscent to Roy Lichtenstein's "Still Life with Figurine"

from 1974. We will explore the many ways to illustrate shadow and light using techniques that Lichtenstein used. On Day 2, we become caricaturists and create unique cartoons of many famous artists. The final day allows us to explore pastels chalks as we learn about Paul Cezanne and his mastery of light and color. We become Masters ourselves! No experience necessary. Please wear an old shirt or smock on the last day.

Instructor: Young Rembrandts Staff

Location: Community and Cultural Center, Diana Murphy Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|----------|---------|----------|
| SSK027 | 7/25-7/29 | M-F | 9am-12pm | 6-12yrs | 5 |

Resident: \$255/ CRC Member: \$245

Non Resident: \$265/ CRC Member: \$255



Help create a unique,
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accessible to parents and
children of all abilities.

For more information:
visit www.morganhillplayground.org or
www.facebook.com/morganhillplayground



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Adaptive



ADAPTIVE RECREATION SWIM

Have some fun in the water at the Centennial Recreation Center's indoor pool. The water play area will be turned on for some fun free play. Youth must be able to follow the direction of lifeguards or be accompanied by a responsible adult. All youth 11 years of age and under must be accompanied by an adult. Fee will be charged at the Welcome Desk. Caregivers can enter the facility at no charge.

Location: Centennial Recreation Center, Natatorium

| Date | Day | Time | Age |
|---------|-----|---------------|---------|
| Ongoing | TH | 3:30pm-4:30pm | 3-18yrs |

Resident: \$5 / CRC Member: Free
Non Resident: \$7 / CRC Member: Free



Aquatics

CRC AQUATICS PROGRAMS Pg. 13

SPLASH AQUATICS PROGRAMS

Swim Team, Water Polo Club, Diving Club Pg. 16-17

SWIM LESSONS Pg. 18-21



JUNIOR LIFEGUARDING PROGRAM

The Junior Lifeguard Program emphasizes Teamwork, Leadership, and Aquatic Safety while introducing young people to aquatic recreation opportunities. The program is designed to provide quality water safety education while improving young people's physical conditioning, their understanding of pool facilities, and their respect for themselves, their parents, and their peers. Upon completion of the Junior Lifeguard Program, participants are encouraged to volunteer during Summer Recreational Swim at the Morgan Hill Aquatics Center. Further training will be provided to volunteers. Prerequisite: Freestyle with side breathing (50 meters) and treading water (2 minutes).
Instructor: Lifeguard Staff

Location: Morgan Hill Aquatics Center

| Activity # | Date | Day | Time | Age | Sessions |
|------------|-----------|-----|-------------|----------|----------|
| SSD004 | 6/13-6/24 | M-F | 8am-11:30am | 12-14yrs | 10 |
| SSD005 | 7/11-7/22 | M-F | 8am-11:30am | 12-14yrs | 10 |

Resident: \$180 / CRC Member: \$170
Non Resident: \$190 / CRC Member: \$180

Special Interests



URBAN KINDER HIP HOP DANCE

This is a 45 minute dance class for children 5 years old; dancers will learn a variety of creative movement and rhythm with positive, age appropriate hip-hop style and steps.
Instructor: Kenyatta Ali, Mz. K

Location: Community & Cultural Center, Mira Monte Room

| Activity # | Date | Day | Time | Age | Sessions |
|------------|----------|-----|-------------|------|----------|
| SSI009 | 6/14-8/9 | T | 3:30-4:15pm | 5yrs | 8 |

*No class 7/12

Resident: \$130 / CRC Member: \$120
Non Resident: \$140/ CRC Member: \$130



URBAN HIP HOP DANCE/ BREAK-DANCE

Current hip-hop styles and steps are introduced in an upbeat environment, using fun and age appropriate music. Dancer will also learn the 7 elements of Break-Dance Top Rock, FeetWork, Freezes, Spins, Drops, Treading and Swipes.
Instructor: Kenyatta Ali, Mz. K

Location: Community & Cultural Center, Mira Monte Room

| Activity # | Date | Day | Time | Age | Sessions |
|------------|----------|-----|-------------|----------|----------|
| SSI010 | 6/14-8/9 | T | 5:30-6:30pm | 6-9yrs | 8 |
| SSI011 | 6/14-8/9 | T | 6:30-7:30pm | 10-13yrs | 8 |

*No class 7/12

Resident: \$170 / CRC Member: \$160
Non Resident: \$180/ CRC Member: \$170



PRE-BALLET

Sparkle and dream as our little princesses and sugar plum fairies are introduced to the wonderful world of ballet. Students will learn proper basic ballet technique, coordination, and focus in a warm loving environment. Attire: proper dancewear, soft ballet shoes. No athletic shoes or hard sole shoes.

Instructor: Paula Johnson

Location: Community & Cultural Center, Mira Monte Room

| Activity # | Date | Day | Time | Age | Sessions |
|------------|----------|-----|---------------|--------|----------|
| SSI006 | 6/15-8/3 | W | 3:30pm-4:15pm | 3-4yrs | 8 |

Resident: \$85/ CRC Member: \$80
Non-Resident: \$90/ CRC Member: \$85



YOUTH BALLET I&II

Expand your creativity and self-expression through dance! The beginning dancer alongside the continuing dancer will learn and build on basic ballet steps and technique, and enjoy center-floor and across-the-floor combinations to a variety of music. This great introduction to dance strongly encourages poise, coordination, and confidence. Attire: proper dancewear, soft ballet shoes. No athletic shoes, or hard sole shoes.

Instructor: Paula Johnson

Location: Community and Cultural Center, Mira Monte Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|---------------|---------|----------|
| SSI007 | 6/15-8/3 | W | 4:20pm-5:20pm | 5-12yrs | 8 |

Resident: \$85/ CRC Member: \$80

Non-Resident: \$90/ CRC Member: \$85



JEWELRY MAKING CLASS

Children will be taught how to make beautiful jewelry including bracelets, bookmarks, or decorative pins. In each session they will come away with a unique treasure for themselves or as a gift for someone else. This is a drop off program.

Instructor: Kids' Club Staff

Location: Centennial Recreation Center, Party Room

| Activity # | Date | Day | Time | Age | Sessions |
|------------|------|-----|---------|---------|----------|
| SSG007 | 6/10 | F | 6pm-7pm | 6-12yrs | 1 |
| SSG008 | 7/15 | F | 6pm-7pm | 6-12yrs | 1 |
| SSG009 | 8/12 | F | 6pm-7pm | 6-12yrs | 1 |

Resident: \$7 / CRC Member: \$7

Non-Resident: \$7 / CRC Member: \$7



COOKING WITH KIDS

This class is designed to introduce children to healthy food choices and learn different cooking techniques. They will learn to have "fun" in the kitchen using various cooking supplies and create a yummy lunch. This is a drop off program.

Instructor: Kids' Club Staff

Location: Centennial Recreation Center, Kitchen/Multipurpose Rm

| Activity # | Date | Day | Time | Age | Sessions |
|------------|------|-----|----------|---------|----------|
| SSG001 | 6/18 | SA | 12pm-1pm | 5-12yrs | 1 |
| SSG002 | 7/23 | SA | 12pm-1pm | 5-12yrs | 1 |
| SSG003 | 8/20 | SA | 12pm-1pm | 5-12yrs | 1 |

Resident: \$15 / CRC Member: \$10

Non Resident: \$20 / CRC Member: \$15



BOYS CLUB

This club is designed for boys between 7 and 12 years of age. In addition to making new friends and a creative activity, we will learn about life skills and values, positive relationships, respecting yourself and others. One of the 41 Developmental Assets will be covered at each session. This is a drop off program.

Instructor: Kids' Club Staff

Location: Centennial Recreation Center, Meeting Room #1

| Activity # | Date | Day | Time | Age | Sessions |
|------------|------|-----|---------------|---------|----------|
| SSG010 | 6/17 | F | 5:30pm-7:30pm | 6-12yrs | 1 |
| SSG011 | 7/15 | F | 5:30pm-7:30pm | 6-12yrs | 1 |
| SSG012 | 8/19 | F | 5:30pm-7:30pm | 6-12yrs | 1 |

Resident: \$7 / CRC Member: \$7

Non Resident: \$7 / CRC Member: \$7



PARENT'S NIGHT OUT

A fun night filled with swimming, dinner, games and crafts. This is a night you can leave your child knowing he/she will be safe and have a great time while you have an enjoyable evening out! Your child will be in responsible hands with the Kids' Club staff. Each session is based on a particular theme with games, activities and food according to the theme. This is a drop-off program.

Instructor: Kids' Club Staff

Location: Centennial Recreation Center, Kids' Club

| Activity # | Date | Day | Time | Age | Sessions |
|------------|------|-----|----------|---------|----------|
| SSG004 | 6/25 | SA | 5pm-10pm | 5-12yrs | 1 |
| SSG005 | 7/30 | SA | 5pm-10pm | 5-12yrs | 1 |
| SSG006 | 8/27 | SA | 5pm-10pm | 5-12yrs | 1 |

Resident: \$35 / CRC Member: \$30

Non-Resident: \$40 / CRC Member: \$35

Sibling discount: \$15

GAME NIGHT

Game Nights are for local families in the Morgan Hill area who are interested in getting together, socializing, and having fun playing games of skill and logic. Even though we are open to everyone, most games we will be playing are family oriented games for ages 8 to adult. Please refer to <http://www.morganhillmath.org> for a monthly game schedule. If you have any questions, please email Dave Holmstrom at cubmaster712@hotmail.com

Instructor: Dave Holmstrom

Location: Community and Cultural Center, El Toro Room

Registration not required.

| Date | Day | Time | Age | Sessions |
|------|-----|------------|-------|----------|
| 5/17 | T | 7pm-8:30pm | 8yrs+ | 1 |
| 6/21 | T | 7pm-8:30pm | 8yrs+ | 1 |
| 7/19 | T | 7pm-8:30pm | 8yrs+ | 1 |
| 8/16 | T | 7pm-8:30pm | 8yrs+ | 1 |

Sports and Active Recreation



TENNIS: PRIVATE LESSONS WITH COACH MYERS

These lessons are for individuals and/or small groups (1-4 people), who prefer individual attention and instruction that is not available in a large class setting. Please call 408.782.2128 for more information.

Instructor: Michael Myers

Location: Community Park Tennis Court #1

| Date | Day | Time | Age |
|----------|-------|--------|-------|
| 6/1-8/31 | SU-SA | ½ Hour | 3yrs+ |
| 6/1-8/31 | SU-SA | 1 Hour | 3yrs+ |

1/2 Hour Lesson: \$25 / Hour Lesson: \$50



TINY TOT TENNIS

This is an introductory program utilizing short mini-nets, pressure-less tennis balls, as well as larger foam balls. The program will stress fundamentals and techniques basic to the game of tennis. Bring a tennis racket and dress appropriately.

Instructor: Michael Myers

Location: Community Park, Tennis Court #1

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|------|------------|--------|----------|
| SST042 | 6/14-6/23 | T/TH | 8am-8:30am | 3-5yrs | 4 |
| SST043 | 6/28-7/7 | T/TH | 8am-8:30am | 3-5yrs | 4 |
| SST044 | 7/12-7/21 | T/TH | 8am-8:30am | 3-5yrs | 4 |
| SST045 | 7/26-8/4 | T/TH | 8am-8:30am | 3-5yrs | 4 |

Resident: \$29 / CRC Member: \$24

Non-Resident: \$34 / CRC Member: \$29



FUNDAMENTALS OF TENNIS

This is a course designed to teach the fundamentals, proper techniques and skill development to the players. Bring a tennis racket and dress appropriately. Space is limited, so sign up now!

Instructor: Michael Myers

Location: Community Park, Tennis Court #1

5-8yrs

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|------|------------|--------|----------|
| SST046 | 6/14-6/23 | T/TH | 8:30am-9am | 5-8yrs | 4 |
| SST047 | 6/28-7/7 | T/TH | 8:30am-9am | 5-8yrs | 4 |
| SST048 | 7/12-7/21 | T/TH | 8:30am-9am | 5-8yrs | 4 |
| SST049 | 7/26-8/4 | T/TH | 8:30am-9am | 5-8yrs | 4 |

9-12yrs

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|------|----------|---------|----------|
| SST050 | 6/14-6/23 | T/TH | 9am-10am | 9-12yrs | 4 |
| SST051 | 6/28-7/7 | T/TH | 9am-10am | 9-12yrs | 4 |
| SST052 | 7/12-7/21 | T/TH | 9am-10am | 9-12yrs | 4 |
| SST053 | 7/26-8/4 | T/TH | 9am-10am | 9-12yrs | 4 |

5-8yrs

Resident: \$29 / CRC Member: \$24

Non-Resident: \$34 / CRC Member: \$29

9-12yrs

Resident: \$53 / CRC Member: \$48

Non-Resident: \$58 / CRC Member: \$53



TENNIS FOR 10 & UNDER

This program follows the guidelines from the United States Tennis Association (USTA). Emphasis is on correct technique, proper sized racquets, low compression balls, and appropriate court size for each age group and skill level. The 5-7 age group works with the low compression Red Ball on a 36 foot court. The 8-10 age group starts with the Red Ball and then will move to the low compression Orange Ball on a 60 foot court. The goal of this USTA program is to get young children to rally and play games sooner than with traditional adult teaching methods. Weekday and Saturday classes are available.

Instructor: Les Atteberry

Location: Community Park, Tennis Court #3 & #4

5-7yrs (Red Ball)

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|------------|------|----------------|--------|----------|
| SST028 | 6/14-6/30 | T/TH | 9:30am-10:15am | 5-7yrs | 6 |
| SST029 | 6/18-7/30* | SA | 9:30am-10:15am | 5-7yrs | 6 |
| SST030 | 7/5-7/21 | T/TH | 9:30am-10:15am | 5-7yrs | 6 |
| SST031 | 7/26-8/11 | T/TH | 9:30am-10:15am | 5-7yrs | 6 |
| SST032 | 8/6-9/17* | SA | 9:30am-10:15am | 5-7yrs | 6 |
| SST033 | 8/30-9/15 | T/TH | 3:45pm-4:30pm | 5-7yrs | 6 |

*No Class 7/2, 8/20

5-7yrs (6 Sessions)

Resident: \$80 / CRC Member: \$75

Non-Resident: \$85 / CRC Member: \$80

8-10yrs (Orange Ball)

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|------------|------|-----------------|---------|----------|
| SST034 | 6/14-6/30 | T/TH | 10:30am-11:30am | 8-10yrs | 6 |
| SST035 | 6/18-7/30* | SA | 10:30am-11:30am | 8-10yrs | 6 |
| SST036 | 7/5-7/21 | T/TH | 10:30am-11:30am | 8-10yrs | 6 |
| SST037 | 7/26-8/11 | T/TH | 10:30am-11:30am | 8-10yrs | 6 |
| SST038 | 8/6-9/17* | SA | 10:30am-11:30am | 8-10yrs | 6 |
| SST039 | 8/30-9/15 | T/TH | 4:30pm-5:30pm | 8-10yrs | 6 |

*No Class 7/2, 8/20

8-10yrs (6 Sessions)

Resident: \$90 / CRC Member: \$85

Non-Resident: \$95 / CRC Member: \$90



INTERMEDIATE TENNIS FOR 10 & UNDER

These classes are for those students who have progressed beyond the beginning classes listed in the Recreation Guide.

Students must have the instructor's approval before signing up for these classes. Email lesatt@aol.com for more information.

Instructor: Les Atteberry

Location: Community Park, Tennis Court #3 & #4

Intermediate 8-10yrs (Orange Ball)

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|---------------|---------|----------|
| SST040 | 6/4-7/16* | SA | 1:15pm-2:15pm | 8-10yrs | 6 |
| SST041 | 8/6-9/17* | SA | 1:15pm-2:15pm | 8-10yrs | 6 |

*No Class 7/2, 8/20

8-10yrs - 6 Sessions

Resident: \$90/CRC Member: \$85

Non-Resident: \$95/CRC Member: \$90



PRIVATE, SEMI-PRIVATE GROUP TENNIS LESSONS FOR JUNIORS

This program is for the junior who wants more personal training in a one-on-one, semi-private or small group setting. These beginning, intermediate, or advanced lessons are structured to the student's availability and frequency. Please email (lesatt@aol.com) for more information and to schedule.

Instructor: Les Atteberry

Location: Community Park, Tennis Court #3

Individual Private Lessons

| Date | Day | Time | Age | Session |
|-----------|------|--------|------------|---------|
| 6/13-8/12 | M-SU | ½ Hour | 6yrs-18yrs | 1 |
| 6/13-8/12 | M-SU | 1 Hour | 6yrs-18yrs | 1 |

Individual Private: 1/2 Hour Lesson: \$40 / 1 Hour Lesson: \$75

1 Hour Semi-Private (2 people) Lesson: \$35 each person

1 Hour Group (3-4 people) Lesson: \$20 each person



FUTSAL INDOOR SOCCER

Futsal is a fun, fast-paced 5v5 soccer game, played indoors within the lines of a basketball court (no walls), using a small, size 3, low-bounce ball. During this class players participate in fun educational games. Every player has a ball at their feet and gets the opportunity to put their skills to the test in a fun scrimmage. Indoor shoes and shin guards are required.

Instructor: Futsal Kingz Staff

Location: Centennial Recreation Center, Gymnasium

| Activity # | Date | Day | Time | Age | Sessions |
|------------|-----------|-----|---------------|---------|----------|
| SSL001 | 7/13-8/17 | W | 4:45pm-5:30pm | 5-6yrs | 6 |
| SSL002 | 7/13-8/17 | W | 5:30pm-6:30pm | 7-12yrs | 6 |

6 week session

Resident: \$95 / CRC Member: \$90

Non Resident: \$100 / CRC Member: \$95



MUNCHKIN SPORTS

This class provides an introduction to soccer and basketball with an emphasis on fun while promoting new friendships through the basic fundamentals! Parent involvement is encouraged as this allows parents to gain a better understanding of the drills being taught and enables them to practice at home with their child.

Instructor: Audrey Marshall

Location: Centennial Recreation Center, Gymnasium

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|---------------|--------|----------|
| SSF001 | 6/6-7/11* | M | 5:45pm-6:30pm | 3-5yrs | 5 |
| SSF002 | 8/1-8/29 | M | 5:45pm-6:30pm | 3-5yrs | 5 |

*No Class 7/4

Resident: \$45 / CRC Member: \$40

Non-Resident: \$50 / CRC Member: \$45



PARENT & CHILD GOLF

Join this 5 week introductory class with your child and learn at an easy, fun pace. This class is a great opportunity to spend quality time together. Golf is fun to learn and share with kids. Golf clubs will be furnished or you are welcome to bring your own.

Instructor: Stuart Spence

Location: Eagle Ridge Golf Club, Gilroy

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|----------|---------|----------|
| SSR007 | 5/14-6/11 | SA | 12pm-1pm | 4-15yrs | 5 |
| SSR008 | 6/5-7/3 | SU | 12pm-1pm | 4-15yrs | 5 |
| SSR009 | 6/25-7/23 | SA | 12pm-1pm | 4-15yrs | 5 |
| SSR010 | 7/17-8/14 | SU | 12pm-1pm | 4-15yrs | 5 |
| SSR011 | 8/6-9/3 | SA | 12pm-1pm | 4-15yrs | 5 |
| SSR012 | 8/28-9/25 | SU | 12pm-1pm | 4-15yrs | 5 |

Resident: \$89 / CRC Member: \$84

Non-Resident: \$94 / CRC Member: \$89

Fees includes one (1) parent and up to two (2) children



MOMMY/DADDY & ME SOCCER

As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action! Each child receives a soccer jersey.

Instructor: Kidz Love Soccer Staff

Location: CRC Gym

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|---------------|---------|----------|
| SSL003 | 7/8-8/26 | F | 5:55pm-6:25pm | 2-3½yrs | 8 |

Location: Galvan Park

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|---------------|---------|----------|
| SSL004 | 7/9-8/27 | SA | 6:25pm-6:55pm | 2-3½yrs | 8 |

8 week session

Resident: \$119 / CRC Member: \$109

Non Resident: \$129 / CRC Member: \$119



TOT/PRE SOCCER

Little tykes will enjoy running and kicking just like the big kids! Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities.

Children learn to follow instructions in a nurturing, age appropriate environment. Each participant receives a soccer jersey. Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Staff

Location: CRC Gym

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|---------------|---------|----------|
| SSL005 | 7/8-8/26 | F | 5:10pm-5:45pm | 3½-5yrs | 8 |

Location: Galvan Park

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|---------------|---------|----------|
| SSL006 | 7/9-8/27 | SA | 5:40pm-6:15pm | 3½-5yrs | 8 |

8 week session

Resident: \$119 / CRC Member: \$109

Non Resident: \$129 / CRC Member: \$119



SOCCER 1: TECHNIQUES & TEAMWORK

Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Perfect for the first time player while still being fun and engaging for children with some soccer experience. Each participant receives a soccer jersey. Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Staff

Location: CRC Gym

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|---------------|--------|----------|
| SSL007 | 7/8-8/26 | F | 4:20pm-5:05pm | 5-6yrs | 8 |

Location: Galvan Park

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|---------------|--------|----------|
| SSL008 | 7/9-8/27 | SA | 4:50pm-5:35pm | 5-6yrs | 8 |

8 week session

Resident: \$119 / CRC Member: \$109

Non Resident: \$129 / CRC Member: \$119



SOCCER 2: SKILLZ & SCRIMMAGES

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. All levels are welcome to come enjoy the world's most popular game! Each participant receives a soccer jersey. Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Staff

Location: CRC Gym

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|---------------|---------|----------|
| SSL009 | 7/8-8/26 | F | 3:30pm-4:15pm | 7-10yrs | 8 |

Location: Galvan Park

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|------------|---------|----------|
| SSL010 | 7/9-8/27 | SA | 4pm-4:45pm | 7-10yrs | 8 |

8 week session

Resident: \$119 / CRC Member: \$109

Non Resident: \$129 / CRC Member: \$119

KLS class status hotline: 888.372.5803.

To receive class cancellation notifications on your smartphone, download the free Kidz Love Soccer app for iPhone and Android

SKATEBOARD OR BMX PRIVATE LESSONS

Get one-on-one attention your child can use to improve his or her skills on a board or bike. All ages are welcome. Contact us for more information at 408.782.2128 or stop by to book lessons at the Centennial Recreation Center.

Instructor: Skate/BMX Park Staff

Location: Skate/BMX Park

4 (1 Hour Sessions)

Resident: \$185 / CRC Member: \$180

Non-Resident: \$190 / CRC Member: \$185

8 (1 Hour Sessions)

Resident: \$325 / CRC Member: \$320

Non-Resident: \$330 / CRC Member: \$325

Centennial Recreation Teen Center

Representing a partnership between the City of Morgan Hill and the Mt. Madonna YMCA, the Centennial Recreation Teen Center offers a safe and engaging environment for teens to make friends, participate in fun programs and activities or just chill and hang out. Membership to the Teen Center is FREE to all Morgan Hill residents 12-18. Live outside Morgan Hill? Teen Center membership is only \$10 a year for non-residents.

The Teen Center comes equipped with a large flat screen TV, an Xbox 360, a Wii, pool table, a foosball table, a ping pong table, computers, a healthy snack bar and a large outdoor patio.

171 W. Edmundson Ave.
Morgan Hill, CA 95037
408.310.4273

Hours of Operation:
Monday – Thursday 3pm – 8pm
Friday 3pm – 10pm
Saturday 10:30am – 4:00pm

DEVELOPMENTAL ASSETS IN ACTION

The developmental assets provide a common vision and language for youth and teen well-being. Research done by the Search Institute has confirmed that the more assets teens have, the better they do in school and life. But teens cannot develop these assets on their own; many of these relationships and experiences depend on interactions and opportunities in the community surrounding our youth. The Teen Center strives to help our teens build positive assets in their everyday lives through our programs and interactions at the Center. To learn more about Developmental Assets, please visit page 6.



June – August 2016 Main Events

SUMMER KICK OFF

FRIDAY, JUNE 10

Food, water games, video game tournament, table tennis, billiards, air hockey.

“AMAZING RACE” SCAVENGER HUNT

SATURDAY, JULY 11

Obstacle Course games and prizes

BACK TO SCHOOL FUN DAY

FRIDAY, AUGUST 5

Food, water games, video game tournament, table tennis, billiards, air hockey.

VOLUNTEER OPPORTUNITIES

From recreational to educational, the Teen Center hosts a variety of activities multiple times per week. We're looking for volunteers who know how to motivate teens while having a good time themselves. Volunteers are needed in recreation and tutoring programs. Applications are available at the Teen Center.

TEENS

35



CITY OF MORGAN HILL
YOUTH ACTION COUNCIL

BUILDING DEVELOPMENT ASSETS ONE TEEN AT A TIME!

Visit, join, and participate in the
Youth Action Council (YAC)
Annual Events, monthly programs,
and activities at the Centennial
Recreation Center, Teen Center.

YAC SOCIALS, TEEN CENTER PROGRAMS AND ACTIVITIES

YAC Members host a free and fun social once a month on a Friday evening from 6:30pm to 8pm. See Teen Center Calendar for the exact day. Bring your friends and enjoy the fun. YAC Members also lead and participate in some of the Teen Center programs and activities. They meet new teens and reconnect with old friends every time they are there. You can sign up to participate in Teen Center programs and activities by attending the YAC Monthly Meetings* or stop by the Teen Center Office and sign up with the Teen Center Coordinator.

*YAC monthly meetings are on the first Tuesday of each month at 5pm at the Centennial Recreation Center (CRC) Teen Center (171 W. Edmunson Ave.).

For more information about YAC meetings and events, please contact Chiquy Mejía, YAC Advisor/Youth Development Coordinator at 408.310.4253.

Check out the City of Morgan Hill's website: www.mhrecreation.com. Click on Recreation, Youth & Teens then, click on Youth Action Council in the drop down menu.



YOUTH ACTION COUNCIL RECRUITMENT

(August 2016-June 2017)

The Youth Action Council (YAC) is a group of teen leaders from ages 13 to 18 who voice the opinion of teens within the community and help organize and participate in local events. All students interested in becoming a YAC Member must apply and attend Youth Leadership Morgan Hill (YLMH) program the week of July 18th. YAC Applications will only be available during the YLMH program.

YOUTH LEADERSHIP MORGAN HILL (YLMH)

YLMH is a 4 day program for teens 13 – 18 years old interested in learning, improving their leadership skills, or being part of the Youth Action Council (YAC) for the new fiscal year beginning in August 2016. This program gives teens a sense of empowerment and a chance to contribute and serve their community.

Additionally, the program builds bonds between teens, current community officials, and business leaders. REGISTRATION & APPLICATIONS will be available in May. Applications can be found at the local public middle and high school principals' offices, Centennial Recreation Center (CRC) Teen Center and Welcome Desk, Community and Cultural Center and Aquatics Center Welcome Desks. Scholarships are available. Applicants must apply for the scholarship by July 1st. Scholarship application needs to be submitted at the Centennial Recreation Center, attention to Chiquy Mejía. Deadline to apply to this program is on Friday, July 15th.

| Date: | Time | Location: |
|----------------|--------------------------------------|-----------|
| Monday 7/18 | 8:30am-4:30pm | CCC |
| Tuesday 7/19 | 8am-4:30pm | CCC |
| Wednesday 7/20 | 8:30am-4:30pm | CRC |
| Thursday 7/21 | 8:30am- 2:30pm | |
| | Anaerobe Systems - Graduation Lunch | |
| Friday 7/22 | 8:30am YAC Interviews | |
| | (Only for YLMH students who applied) | |

Activity Code #: SSV001

Resident: \$40 / CRC Member: \$35

Non Resident: \$45 / CRC Member: \$40

ADAPTIVE



ADAPTIVE RECREATION SWIM



Have some fun in the water at the Centennial Recreation Center's indoor pool. The water play area will be turned on for some fun free play. Youth must be able to follow the direction of lifeguards or be accompanied by a responsible adult. All youth 11 years of age and under must be accompanied by an adult. Fee will be charged at the Welcome Desk. Caregivers can enter the facility at no charge.

Location: Centennial Recreation Center, Natatorium

| Date | Day | Time | Age |
|---------|-----|---------------|---------|
| Ongoing | TH | 3:30pm-4:30pm | 3-18yrs |

Resident: \$5 / CRC Member: Free
Non Resident: \$7 / CRC Member: Free



Aquatics



JUNIOR LIFEGUARDING PROGRAM



The Junior Lifeguard Program emphasizes Teamwork, Leadership, and Aquatic Safety while introducing young people to aquatic recreation opportunities. The program is designed to provide quality water safety education while improving young people's physical conditioning, their understanding of pool facilities, and their respect for themselves, their parents, and their peers. Upon completion of the Junior Lifeguard Program, participants are encouraged to volunteer during Summer Recreational Swim at the Morgan Hill Aquatics Center. Further training will be provided to volunteers. Prerequisite: Freestyle with side breathing (50 meters) and treading water (2 minutes).

Instructor: Lifeguard Staff

Location: Morgan Hill Aquatics Center

| Activity # | Date | Day | Time | Age | Sessions |
|------------|-----------|-----|-------------|----------|----------|
| SSD004 | 6/13-6/24 | M-F | 8am-11:30am | 12-14yrs | 10 |
| SSD005 | 7/11-7/22 | M-F | 8am-11:30am | 12-14yrs | 10 |

Resident: \$180 / CRC Member: \$170
Non Resident: \$190 / CRC Member: \$180

CRC AQUATICS PROGRAMS Pg. 12

SPLASH AQUATICS PROGRAMS

Swim Team, Water Polo, Diving Pg. 16-17

SWIM LESSONS Pg. 18-21

Fitness

PERSONAL TRAINING Pg. 39

Special Interest

RED CROSS LIFEGUARDING CLASS

W/ TITLE 22 Pg. 40



AMERICAN HEART ASSOCIATION CPR AED



Heartsaver® CPR AED is a classroom, video-based, instructor-led course that teaches adult CPR and AED use, as well as how to relieve choking on an adult, child, and infant. This course teaches skills with AHA's research-proven Practice-While-Watching (PWW) technique, which allows

instructors to observe the students, provide feedback and guide the students' learning of skills. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory or other requirements. These courses are not Healthcare Providers level.

Instructor: Cal-Fire Personnel

Location: Morgan Hill Community and Cultural Center

| Activity # | Date | Day | Time | Age | Sessions |
|------------|------|-----|----------|--------|----------|
| SSI005 | 7/14 | TH | 6pm-10pm | 13yrs+ | 1 |

Resident: \$50 / CRC Member: \$50
Non Resident: \$50 / CRC Member: \$50

TEENS



It's Pool Party Time

INDOOR POOL PARTY

Centennial Recreation Center
171 W. Edmundson Ave • 408. 310.4245
sandra.diner@mhcrc.com

PARTY ROOM

Time slots: Fri 4pm-6pm, 6:30pm-8:30pm

- ▶ 2 hours room rental
- ▶ All day pass for pool

15 guests- \$225 Resident / \$255 Non-Resident
30 guests- \$300 Resident / \$330 Non-Resident

PATIO PICNIC TABLE

- ▶ All day use of picnic/patio area
- ▶ All day pass for pool

15 guests- \$225 Resident / \$255 Non-Resident
\$5 per additional guests

Each participant is counted as a guest, unless they are a current CRC member. (This includes parents)



OUTDOOR POOL PARTY

Morgan Hill Aquatics Center
16200 Condit Road • 408.310.4305
ac.parties@morganhill.ca.gov

PARTY ROOM

Time slots: M-Th 11:30am-1:30pm, 2pm-4pm
F-Su 11:30am-1:30pm, 2pm-4pm, 4:30pm-6:30pm

- ▶ 2 hours room rental
- ▶ All day pass for pool

15 guests- \$165 Resident / \$190 Non-Resident
\$5 Resident / \$9 Non-Resident per additional guest up to 24 guests total

PATIO PICNIC TABLE

Time slots: M-Th 11:30am-4pm
F-Su 11:30am-6:30pm

- ▶ All day use of picnic/patio area
- ▶ All day pass for pool

15 guests- \$205 Resident / \$230 Non-Resident
\$5 Resident / \$9 Non-Resident per additional guest up to 24 guests total



\$30 off
weekday
bookings at
the AC!

www.mhcrc.com

Available Memorial Day weekend
through 3rd weekend in September

Sports and Active Recreation



TEEN FUNDAMENTALS OF TENNIS



This is a course designed to teach the fundamentals, proper techniques and skill development to the players. Bring a tennis racket and dress appropriately. Space is limited, so

sign up now!

Instructor: Michael Myers

Location: Community Park, Tennis Court #1

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|------|-----------|----------|----------|
| SST054 | 6/14-6/23 | T/TH | 10am-11am | 13-18yrs | 4 |
| SST055 | 6/28-7/7 | T/TH | 10am-11am | 13-18yrs | 4 |
| SST056 | 7/12-7/21 | T/TH | 10am-11am | 13-18yrs | 4 |
| SST057 | 7/26-8/4 | T/TH | 10am-11am | 13-18yrs | 4 |

Resident: \$53 / CRC Member: \$48

Non-Resident: \$58 / CRC Member: \$53



TENNIS: PRIVATE LESSONS WITH COACH MYERS



These lessons are for individuals and/or small groups (1-4 people), who prefer individual attention and instruction that is not available in a large class setting. Please call 408.782.2128

for more information.

Instructor: Michael Myers

Location: Community Park Tennis Court #1

| Date | Day | Time | Age |
|----------|-------|--------|-------|
| 6/1-8/31 | SU-SA | ½ Hour | 3yrs+ |
| 6/1-8/31 | SU-SA | 1 Hour | 3yrs+ |

1/2 Hour Lesson: \$25 / Hour Lesson: \$50



BEGINNING TENNIS LESSONS FOR TEENS



Students will learn the fundamentals of tennis using various pressured balls and targets. Emphasis is on proper technique, scoring, court etiquette, and basic tactics. This program will

train you for competition or for social play and learn "Tennis: The Sport of a Lifetime." Weekday and Saturday classes are available.

Instructor: Les Atteberry

Location: Community Park, Tennis Court #3 & #4

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|------------|-----|----------------|----------|----------|
| SST003 | 6/13-6/29 | M/W | 9:30am-10:30am | 11-18yrs | 6 |
| SST004 | 6/18-7/30* | SA | 12:00pm-1:00pm | 11-18yrs | 6 |
| SST005 | 7/6-7/22 | W/F | 9:30am-10:30am | 11-18yrs | 6 |
| SST006 | 7/25-8/10 | M/W | 9:30am-10:30am | 11-18yrs | 6 |
| SST007 | 8/6-9/17* | SA | 12:00pm-1:00pm | 11-18yrs | 6 |
| SST008 | 8/29-9/14 | M/W | 4:00pm-5:00pm | 11-18yrs | 6 |

*No class 7/2, 8/20

6 week session

Resident: \$90 / CRC Member: \$85

Non-Resident: \$95 / CRC Member: \$90



BEGINNING TENNIS COMPETITION

This program is for those players ready for competition. Fun, low pressure matches are once a week on Wednesdays. Players must have basic skills, be able to keep score, and play points. The match format allows for on-court coaching and singles and doubles play. Students must get instructor's approval to join. Email lesatt@aol.com for an on-court evaluation. Sessions are one week in length.

Instructor: Les Atteberry

Location: Community Park, Tennis Court #3 & #4

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|------------|---------|----------|
| SST009 | 6/13-6/15 | M/W | 4pm-5:30pm | 8-14yrs | 2 |
| SST010 | 6/20-6/22 | M/W | 4pm-5:30pm | 8-14yrs | 2 |
| SST011 | 6/27-6/29 | M/W | 4pm-5:30pm | 8-14yrs | 2 |
| SST012 | 7/6-7/8 | W/F | 4pm-5:30pm | 8-14yrs | 2 |
| SST013 | 7/11-7/13 | M/W | 4pm-5:30pm | 8-14yrs | 2 |
| SST014 | 7/18-7/20 | M/W | 4pm-5:30pm | 8-14yrs | 2 |
| SST015 | 7/25-7/27 | M/W | 4pm-5:30pm | 8-14yrs | 2 |
| SST016 | 8/1-8/3 | M/W | 4pm-5:30pm | 8-14yrs | 2 |
| SST017 | 8/8-8/10 | M/W | 4pm-5:30pm | 8-14yrs | 2 |

One Week (2 Sessions)

Resident: \$50 / CRC Member: \$45

Non-Resident: \$55 / CRC Member: \$50



ADVANCED TENNIS COMPETITION

This program is for those advanced players who are on school teams, play tournaments, or wish to do so. They will compete in the USTA Junior League from the middle of June to August.

Teams are single or mixed gender, with matches consisting of four singles matches and one doubles match. There are age and color ball divisions. Matches are once a week. Students must get instructor's approval to join. Email lesatt@aol.com for an on-court evaluation. Sessions are one week in length.

Instructor: Les Atteberry

Location: Community Park, Tennis Court #3 & #4

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|------|------------|---------|----------|
| SST018 | 6/14-6/16 | T/TH | 4pm-5:30pm | 8-18yrs | 2 |
| SST019 | 6/21-6/23 | T/TH | 4pm-5:30pm | 8-18yrs | 2 |
| SST020 | 6/28-6/30 | T/TH | 4pm-5:30pm | 8-18yrs | 2 |
| SST021 | 7/5-7/7 | T/TH | 4pm-5:30pm | 8-18yrs | 2 |
| SST022 | 7/12-7/14 | T/TH | 4pm-5:30pm | 8-18yrs | 2 |
| SST023 | 7/19-7/21 | T/TH | 4pm-5:30pm | 8-18yrs | 2 |
| SST024 | 7/26-7/28 | T/TH | 4pm-5:30pm | 8-18yrs | 2 |
| SST025 | 8/2-8/4 | T/TH | 4pm-5:30pm | 8-18yrs | 2 |
| SST026 | 8/9-8/11 | T/TH | 4pm-5:30pm | 8-18yrs | 2 |

One Week Sessions

Resident: \$50 / CRC Member: \$45

Non-Resident: \$55 / CRC Member: \$50

SKATEBOARD OR BMX PRIVATE LESSONS

Get one-on-one attention your child can use to improve his or her skills on a board or bike. All ages are welcome. Contact us for more information at 408.782.2128 or stop by to book lessons at the Centennial Recreation Center.

Instructor: Skate/BMX Park Staff

Location: Skate/BMX Park

4 (1 Hour Sessions)

Resident: \$185 / CRC Member: \$180

Non-Resident: \$190 / CRC Member: \$185

8 (1 Hour Sessions)

Resident: \$325 / CRC Member: \$320

Non-Resident: \$330 / CRC Member: \$325

Adults ... your fun STARTS HERE



Aquatics

CRC AQUATICS PROGRAMS Pg. 11

SPLASH AQUATICS PROGRAMS

Swim Team, Water Polo, Diving Pg. 13-14

SWIM LESSONS Pg. 15-18

ADULT SWIM CONDITIONING

Interested in improving your swimming and fitness in a fun, low-pressure environment? This class is designed for adults interested in how they can use swimming to build their aerobic fitness, strength and confidence in the water with a fun group of people. You will learn how to swim more efficiently, what equipment to use, how to follow a simple workout plan, how to do turns and other tips so that you will feel comfortable participating in our Masters Lap Swim Program. You must be able to swim at least 25 yards (one length) freestyle in deep water. For more information, please call Lisa Rick at 408.310.4301.

Instructor: Aquatic Center Staff

Location: Morgan Hill Aquatics Center – Competition Pool

| Activity # | Date | Day | Time | Age | Sessions |
|------------|------------|------|---------|-----|----------|
| SSD001 | 6/6 - 6/30 | T/TH | 7p - 8p | 18+ | 8 |
| SSD002 | 7/5 - 7/28 | T/TH | 7p - 8p | 18+ | 8 |
| SSD003 | 8/2 - 8/25 | T/TH | 7p - 8p | 18+ | 8 |

Resident: \$75/ CRC Member: \$65

Non Resident: \$85/ CRC Member: \$75

Fitness

SMART START BODY COMPOSITION ANALYSIS

Do you want to know your current health status? Is your hard work paying off? Having a Body Composition Analysis will answer these questions!

Our InBody Scale will measure the following:

- Total body water, dry lean mass, body fat mass
- Weight and skeletal muscle mass
- Body Mass Index (BMI), percent body fat, segmental lean mass (right arm, left arm, trunk, right leg, and left leg)
- Fat and Lean Body Mass (LBM)
- Basal Metabolic Rate (BMR)

Then we will use the results to guide you through a customized program that includes healthy nutrition resources, exercise options and support along the way. Make your appointment today! Appointments will last 20 min.

For more information or to register, please contact the Health & Wellness Director at 408.310.4247

Instructor: CRC Health and Wellness Director/Coordinator

Location: Centennial Recreation Center, Fitness Center

Resident: \$20 / CRC Member: \$15

Non Resident: \$25 / CRC Member: \$20

Sessions should be scheduled in the Fitness Center

PERSONAL TRAINING

Our personal training program is individualized and specifically tailored to fit your needs. Our certified trainers will guide you through a customized program, which will get you the results you need in the fastest and most effective way possible. You will be instructed in all components necessary to alter body composition, including the use of proper bio-mechanics, anatomy, physiology and much more. A courtesy Body Composition Assessment will be provided to optimize your Personal Training goals.

For more information or to register please contact the Health & Wellness Director at 408.310.4247

Location: Centennial Recreation Center

Fees:

\$70 per session (Individual sessions)

\$348 6-session package @ \$58 per session

\$636 12-session package @ \$53 per session

\$1152 24-session package @ \$48 per session

Buddy Sessions

1 session- \$90 (\$45 per person)

4 sessions- \$340 (\$42.50 per person)

Personal training is only available for CRC facility members. The first session is an assessment session that will help the trainer establish the level of fitness of each individual to help determine training methods and to meet client's goals.

ADULT

Special Interest

TAP CLASSES – INTERMEDIATE/ADVANCED

Fast paced tap class for experienced tappers who are comfortable learning extended phrases and moving quickly through steps and combinations. Dance to contemporary rock and jazz music doing technical warm-ups; cross-the-floor combos; and dance routines.

Attire: Comfortable clothes appropriate for dance or proper dancewear; tap shoes.

Instructor: Wanda Marshall

Location: Community Cultural Center, Mira Monte Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|---------|--------|----------|
| SSI001 | 6/9-7/28 | TH | 6pm-7pm | 18yrs+ | 8 |

8 week session

Resident: \$89 / CRC Member: \$84

Non-Resident: \$94 / CRC Member: \$89

ADULT TAP I

Come join the fun learning rhythm tap basics at an easy going pace. Expand your creative talents whether you are new to tap or just want to brush up your skills. Classes will include dance warm-ups; cross-the-floor-exercises; and dance routines. Attire: Comfortable clothes appropriate for dance; or proper dancewear; tap shoes.

Instructor: Wanda Marshall

Location: Community and Cultural Center, Mira Monte Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|---------------|--------|----------|
| SSI002 | 6/13-8/8* | M | 7:10pm-8:10pm | 18yrs+ | 8 |

*No class 7/4

8 week session

Resident: \$89 /CRC Member: \$84

Non-Resident: \$94 /CRC Member: \$89

ADULT TAP II

A faster paced tap class for those with previous dance experience. Classes will include dance warm-ups; cross-the-floor-exercises, and dance routines. Have fun learning the art of tap dancing to contemporary and jazz music. Attire: Comfortable clothes appropriate for dance; or proper dancewear; tap shoes.

Instructor: Wanda Marshall

Location: Community and Cultural Center, Mira Monte Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|----------|-----|---------------|--------|----------|
| SSI003 | 6/9-7/28 | TH | 7:10pm-8:10pm | 18yrs+ | 8 |

8 week session

Resident: \$89 /CRC Member: \$84

Non-Resident: \$94 /CRC Member: \$89

ADULT TAP - ADVANCED

This class is geared for the more advanced student and includes the Bill Robinson warm-up. Dance to contemporary rock and jazz music doing advanced technical warm-ups; cross-the-floor combos; and dance routines. Attire: Comfortable clothes appropriate for dance or proper dancewear; tap shoes. Instructor's approval required

Instructor: Wanda Marshall

Location: Community Cultural Center, Mira Monte Room

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|---------|--------|----------|
| SSI004 | 6/13-8/8* | M | 6pm-7pm | 18yrs+ | 8 |

*No class 7/4

8 week session

Resident: \$89 /CRC Member: \$84

Non-Resident: \$94 /CRC Member: \$89

URBAN ADULT HIP HOP DANCE

Current hip-hop styles and steps are introduced in an upbeat environment, using fun and age appropriate music.

Instructor: Kenyatta Ali, Mz. K

Location: Community & Cultural Center, Mira Monte Room

| Activity # | Date | Day | Time | Age | Sessions |
|------------|----------|-----|-------------|--------|----------|
| SSI008 | 6/14-8/9 | T | 7:30-8:30pm | 18yrs+ | 8 |

Resident: \$170 / CRC Member: \$160

Non Resident: \$180/ CRC Member: \$170

AMERICAN HEART ASSOCIATION CPR AED

Heartsaver® CPR AED is a classroom, video-based, instructor-led course that teaches adult CPR and AED use, as well as how to relieve choking on an adult, child, and infant. This course teaches skills with AHA's research-proven Practice-While-Watching (PWW) technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory or other requirements. These courses are not Healthcare Providers level.

Instructor: Cal-Fire Personnel

Location: Morgan Hill Community and Cultural Center

| Activity # | Date | Day | Time | Age | Sessions |
|------------|------|-----|----------|--------|----------|
| SSI005 | 7/14 | TH | 6pm-10pm | 13yrs+ | 1 |

Resident: \$50/ CRC Member: \$50

Non Resident: \$50 / CRC Member: \$50

RED CROSS LIFEGUARDING CLASS W/ TITLE 22

This class is designed to provide the skills necessary to be an effective pool lifeguard. Training includes CPR for the Professional Rescuer, Standard First Aid, Lifeguard Training and Title 22. Students must pass a swim test on the first day of class. Passing the class does not guarantee a position with the City of Morgan Hill. Proper bathing suit is required. For more information, please call 408.782.2134.

Instructor: Morgan Hill Aquatics Staff

Location: Morgan Hill Aquatics Center – Competition Pool

| Activity # | Date | Day | Time | Age | Sessions |
|------------|-----------|-------|-----------|--------|----------|
| WSD002 | 4/2-4/17 | SA/SU | 9am–5pm | 15yrs+ | 6 |
| WSD016 | 4/11-4/14 | M-TH | & 9am-5pm | 15yrs+ | 6 |
| | 4/16-4/17 | SA/SU | | | |

Resident: \$280 / CRC Member: \$270

Non Resident: \$290 / CRC Member: \$280

Sports & Active Recreation

ADULT GOLF

Learn one of the fastest growing sports in America....golf! During this five week program, golf professional Stuart Spence will teach golf techniques from putting to the full swing. This class fills up fast, so register early! Golf clubs will be furnished or you are welcome to bring your own.

Instructor: Stuart Spence

Location: Eagle Ridge Golf Club, Gilroy

| Activity # | Date | Day | Time | Age | Sessions |
|------------|-----------|-----|-----------|--------|----------|
| SSR001 | 5/14-6/11 | SA | 10am-11am | 18yrs+ | 5 |
| SSR002 | 6/5-7/3 | SU | 10am-11am | 18yrs+ | 5 |
| SSR003 | 6/25-7/23 | SA | 10am-11am | 18yrs+ | 5 |
| SSR004 | 7/17-8/14 | SU | 10am-11am | 18yrs+ | 5 |
| SSR005 | 8/6-9/3 | SA | 10am-11am | 18yrs+ | 5 |
| SSR006 | 8/28-9/25 | SU | 10am-11am | 18yrs+ | 5 |

Resident: \$89/ CRC Member: \$84

Non-Resident: \$94/ CRC Member: \$89

BEGINNING/INTERMEDIATE TENNIS CLASSES FOR ADULTS

Students will learn the fundamentals of tennis, with emphasis on technique, scoring, court etiquette and basic tactics. The class may be divided into two levels. A Beginning class is designed for those who have never played. An intermediate class will review basic skills that were learned in high school or before starting a family. Morning or evening classes are available. Please contact lesatt@aol.com for more information. Instructor: Les Atteberry

Location: Community Park, Tennis Court #3

| Activity# | Date | Day | Time | Age | Sessions |
|-----------|-----------|-----|-----------------|--------|----------|
| SST001 | 6/20-8/1* | M | 10:30am-11:30am | 18yrs+ | 6 |
| SST002 | 7/6-8/10 | W | 6pm-7pm | 18yrs+ | 6 |

*No class 7/4

6 Sessions

Resident: \$90/CRC Member: \$85

Non-Resident: \$95/CRC Member: \$90

PRIVATE, SEMI-PRIVATE GROUP TENNIS LESSONS FOR ADULTS

This program is for the individual who wants more personal training in a one-on-one, semi-private or small group setting. These beginning, intermediate, or advanced lessons are structured to the student's availability and frequency. Please email (lesatt@aol.com) for more information and to schedule. Instructor: Les Atteberry

Location: Community Park, Tennis Court #3

Individual Private Lessons

| Date | Day | Time | Age | Session |
|-----------|------|--------|--------|---------|
| 6/13-8/12 | M-SU | ½ Hour | 18yrs+ | 1 |
| 6/13-8/12 | M-SU | 1 Hour | 18yrs+ | 1 |

Individual Private: 1/2 Hour Lesson: \$40 / 1 Hour Lesson: \$75

1 Hour Semi-Private (2 people) Lesson: \$35 each person

1 Hour Group (3-4 people) Lesson: \$20 each person

TENNIS: PRIVATE LESSONS WITH COACH MYERS

These lessons are for individuals and/or small groups (1-4 people), who prefer individual attention and instruction that is not available in a large class setting.

Instructor: Michael Myers

Location: Community Park, Tennis Courts

| Date | Day | Time | Age |
|----------|-------|--------|-------|
| 6/1-8/31 | SU-SA | ½ Hour | 3yrs+ |
| 6/1-8/31 | SU-SA | 1 Hour | 3yrs+ |

½ Hour Lesson: \$25 / Hour Lesson: \$50

DROP IN TENNIS

"Drop in" to play, no partner required.

Location: Community Park, Tennis Courts

Every Saturday 10am-12pm

Open to the public • Free

No Drop in 6/11

See City website for updates to schedule.

BASKETBALL: MEN'S TEAM LEAGUE

A men's full court basketball league is offered on Monday or Tuesday nights. Registration is by team only. Individual players are welcome to fill out a free agent form, but are not guaranteed to be placed on a team. Only 8 teams allowed per league. Low key recreational league play on Mondays and the advanced competitive league play on Tuesdays. For more information, please contact Norm Oza at crc.ball@gmail.com or 408.427.5428.

Location: Centennial Recreation Center, Gymnasium (West Side)

| Activity# | Date | Day | Time | Age |
|-----------|------------|-----|----------|--------|
| SSN001 | 4/18-7/18* | M | 6pm-10pm | 18yrs+ |
| SSN002 | 4/19-7/19* | T | 6pm-10pm | 18yrs+ |

* No league games on 5/30, 5/31, 7/4, 7/5

No refund after Apr 1, 2016. Player add fee of \$25/Player added after first game. Please note that start dates are subject to change based on season schedules. Contact League Coordinator for up to date information.

Early registration discount \$50. (3/18/16)

Forfeit Fee \$50.

Additional late fee \$50. (4/1/16)

Very Late fee \$100 after Apr 10.

Resident: \$800 / CRC Member: \$750

Non-Resident: \$850 / CRC Member: \$800

(60% residency or membership is required to receive member and resident rate)

DODGEBALL: CO-ED RECREATIONAL LEAGUE

A Co-ed dodgeball league is offered on Tuesday nights. Registration is by team only. Individual players are welcome to fill out a free agent form, but are not guaranteed to be placed on a team. Only 8 teams allowed per league. The teams can have 6-10 players with 6 on the court at the same time. This is a low key recreational league with focus on fun and exercise. For more information, please contact Norm Oza at crc.ball@gmail.com or 408.427.5428.

Location: Morgan Hill Community Park, (Tennis Courts)

| Activity# | Date | Day | Time | Age |
|-----------|------------|-----|----------|--------|
| SSN003 | 4/19-6/21* | T | 6pm-10pm | 18yrs+ |

*No league games on 5/31

No refund after Apr 1 2016. Player add fee of \$25/Player added after first game. Please note that start dates are subject to change based on season schedules. Contact League Coordinator for up to date information.

Early registration discount \$50. (3/18/16)

Forfeit Fee \$50.

Additional late fee \$50. (4/1/16)

Very Late fee \$100 after Apr 10.

Resident: \$700 / CRC Member: \$650

Non-Resident: \$750 / CRC Member: \$700

(60% residency or membership is required to receive member and resident rate)

ADULT

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VOLLEYBALL: CO-ED LEAGUES

Co-ed volleyball team league is offered on Wednesdays and co-ed volleyball draft league is offered on Thursdays. Individual players are welcome to register as a free agent for 1 or more leagues. Special request to play with one other player on the same team will be considered but not guaranteed on Thursday league. Teams will consist of 6-10 players. Only 8 teams are permitted per league. Players 14-17yrs old are permitted in the Thursday Draft League provided they pass a volleyball skills test.

For more information please contact, Norm Oza at 408.427.5428 or crc.vball@gmail.com

Games are 1 hour long starting at 6pm, 7pm, 8pm, or 9pm.

Location: Centennial Recreation Center, Gymnasium (East Side)

| Activity# | Date | Day | Time | Age |
|--------------|------------|-----|----------|--------|
| Team League | | | | |
| SSN008 | 4/20-7/20* | W | 6pm-10pm | 18yrs+ |
| Draft League | | | | |
| SSN009 | 4/21-7/21* | Th | 6pm-10pm | 14yrs+ |

*No league games on 6/1, 6/2, 7/6, 7/7

No refund after Apr 1, 2016. Player add fee of \$25/Player added after first game.

Early registration discount \$50. (3/18/16)

Forfeit fee \$50/team.

Additional late fee \$20. (4/1/16)

Very late fee \$30 after Apr 10.

Residents: \$90 / CRC Members: \$85

Non-Residents: \$95 / CRC Members: \$90

KICKBALL: CO-ED LEAGUE

A Co-ed kickball league is offered on Thursday nights. Registration is by team only. Individual players are welcome to fill out a free agent form, but are not guaranteed to be placed on a team. Only 8 teams allowed per league. The teams can have 10-18 players with 10 on the field at the same time. This is a low key recreational league with focus on fun and exercise. For more information, please contact Norm Oza at crc.ball@gmail.com or 408.427.5428.

Location: MH Community Park, Field C

| Activity# | Date | Day | Time | Age |
|-----------|------------|-----|----------|--------|
| SSN005 | 4/21-6/23* | Th | 6pm-10pm | 18yrs+ |

*No league games on 6/2

No refund after Apr 1, 2016. Player add fee of \$25/Player added after first game. Please note that start dates are subject to change based on season schedules. Contact League Coordinator for up to date information.

Early registration discount \$50. (3/18/16)

Forfeit Fee \$50.

Additional late fee \$50. (4/1/16)

Very Late fee \$100 after Apr 10.

Resident: \$800 / CRC Member: \$750

Non-Resident: \$850 / CRC Member: \$800

(60% residency or membership is required to receive member and resident rate)

FLAG-FOOTBALL: CO-ED RECREATIONAL LEAGUE

A Co-ed flag football league is offered on Friday nights. Registration is by team only. Individual players are welcome to fill out a free agent form, but are not guaranteed to be placed on a team. Only 8 teams allowed per league. The teams can have 8-18 players with 8 on the court at the same time. This is a low key recreational league with focus on fun and exercise. For more information, please contact Norm Oza at crc.ball@gmail.com or 408.427.5428.

Location: Morgan Hill Outdoor Sports Complex

| Activity# | Date | Day | Time | Age |
|-----------|------------|-----|----------|--------|
| SSN004 | 4/22-6/24* | F | 6pm-10pm | 18yrs+ |

*No league games on 6/3

No refund after Apr 1, 2016. Player add fee of \$25/Player added after first game. Please note that start dates are subject to change based on season schedules. Contact League Coordinator for up to date information.

Early registration discount \$50. (3/18/16)

Forfeit Fee \$50.

Additional late fee \$50. (4/1/18)

Very Late fee \$100 after Apr 10.

Resident: \$800 / CRC Member: \$750

Non-Resident: \$850 / CRC Member: \$800

(60% residency or membership is required to receive member and resident rate)

SOFTBALL: MEN'S & CO-ED LEAGUE

Men's & Co-ed Softball leagues are offered on Mondays at the Community Park. League consists of 9 games per season including playoffs. Individual players are welcome to register as a free agent for 1 or more leagues. Free-agents with special request to play with another player on the same team will be considered but not guaranteed. Teams will consist of 10-18 players. Only 6 teams are permitted per league. Games are forfeit if less than 8 players 5 minutes after start time.

For more information please contact, Norm Oza at 408.427.5428 or crc.ball@gmail.com

Games are 75 Minutes long starting at 6:00pm, 7:20pm, or 8:40pm.

Location: Morgan Hill Community Park, Field C - Men's League, Field A - Coed League

| Activity# | Date | Day | Time | Age |
|-----------|----------|-----|----------|--------|
| Co-Ed | | | | |
| SSN006 | 6/6-8/8* | M | 6pm-10pm | 18yrs+ |
| Men's | | | | |
| SSN007 | 6/6-8/8* | M | 6pm-10pm | 18yrs+ |

*No Games 7/4

No refund after May 20 2016. Player add fee of \$25/Player added after first game. Please note that start dates are subject to change based on season schedules.

Early registration discount \$50. (5/6/16)

Forfeit Fee \$50.

Additional late fee \$50. (5/20/16)

Very Late fee \$100 after May 27.

Resident: \$700 / CRC Member: \$650

Non-Resident: \$750 / CRC Member: \$700

(60% residency or membership is required to receive member and resident rate)

Centennial Recreation

Senior Center

"A place where older adults thrive as members of a community created for all ages."

The Centennial Recreation Senior Center provides comprehensive programs and services to adults 50+ who live in the South County. A "one-stop-shop", the Senior Center offers fitness programs, opportunities for lifelong learning, enrichment programs and social services. Everyone is welcome!

The Senior Center is operated by the City of Morgan Hill in partnership with the Y and funded through its many partnerships including the Mt. Madonna YMCA Annual Campaign, County of Santa Clara, Friends of the Morgan Hill Senior Center, and Episcopal Senior Communities and generous contributions from the community. While it is not a requirement, we ask that those individuals who participate in the program and service offerings at the Senior Center help to support the sustainability of these valuable programs by becoming a Centennial Recreation Senior Center Supporter for \$24 per year. For more information, contact the Senior Center Welcome Desk at 408.782.1284.



www.facebook.com/morganhillseniors

408.782.1284

www.mhcrc.com

171 W. Edmundson Avenue
Morgan Hill, CA 95037

Hours of Operation:

Monday – Friday 8am-3pm



Morgan Hill Senior Cafe

Delicious weekday lunches for seniors.

Seniors 60+ are asked to pay a \$3 donation.

Individuals under 60 pay \$8.00.

Lunch served at noon Mon-Fri

Please arrive by 11:30am.

Location:

**Centennial Recreation Senior Center,
Multipurpose Room**

The Daily Grind

Start the morning right with a cup of coffee and pastries in our comfortable lobby. Sip your coffee, read the newspaper, watch TV, play cards, or just relax and chat.

Location: Centennial Recreation Senior Center, Lobby

| Date | Day | Time | Age |
|-------------------------|-----|---------|-----|
| Ongoing | M-F | 8am-3pm | 50+ |
| Drop-in: \$0.25 per cup | | | |

Arts, Crafts and More

WATERCOLOR

Painting with watercolor is both fun and challenging at the same time. In this class, you will learn about technique, color, composition, and design. Come, have fun and develop your creativity within.

Instructor: Mitzi Shine

Location: Centennial Recreation Senior Center, Multipurpose Room

| Date | Day | Time | Age |
|--|-----|------------|-----|
| Ongoing | M | 1:30pm-4pm | 50+ |
| Drop-in: \$8, Monthly pre-pay: \$6 per class | | | |
| Please provide your own materials. | | | |

CREATIVE WRITING

We all have a story to tell. Come and share yours in this small and friendly group. No writing talent necessary! Just come and enjoy sharing and listening to stories. A booklet with writing contributions from class members will be created at the end of the class.

Instructor: Jean Walia

Location: Centennial Recreation Senior Center

| Date | Day | Time | Age |
|---------|------------------|-----------|-----|
| Ongoing | 1st & 3rd Monday | 10am-12pm | 50+ |

KNITTING AND STITCHERY

Do you enjoy the lovely art of needlework? Learn the different types of knitting stitches and how to read a pattern to create a beautiful piece of work. Already know how to knit? Enjoy other types of needlework? Bring your knitting needles and come and share ideas with everyone! Men are welcome too!

Location: Centennial Recreation Senior Center, Activity Room 2

| Date | Day | Time | Age |
|------------------------------------|-----|-------------|-----|
| Ongoing | TH | 9:30am-12pm | 50+ |
| Please provide your own materials. | | | |

ADULT 50+

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Fitness

50+ DROP-IN BASKETBALL

Individual players 50 years of age and older are welcome to drop in for a pick-up game of basketball.

Location: East Gym

Sundays 10am-11am Age 50+



Residents: \$8/CRC Member: Free

Non Residents: \$10/CRC Member: Free

PICKLEBALL

Despite its funny name, Pickleball is all the rage with older adults on the East Coast. So, we now have Pickleball in Morgan Hill! Pickleball is a fusion of tennis, ping pong, and badminton. The game is played on a badminton court; however the net is lowered to 3 feet. Play takes place closer to the net than in other racquet sports and players use wooden paddles and a wiffleball. Like tennis, this sport can be played by two or four players.

Location: Gymnasium

| Date | Day | Time | Age |
|---------|-----|-------------|-----|
| Ongoing | M | 8:30am-11am | All |
| Ongoing | T | 11am-1pm | All |
| Ongoing | TH | 11am-1pm | All |
| Ongoing | SU | 12:30pm-2pm | All |

Lessons for beginners will be taught from 8:30am-9am.

Resident: \$8 / CRC Member: Free

Non Resident: \$10 / CRC Member: Free



ZUMBA GOLD

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older adult participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements that Zumba Fitness is known for; the zesty Latin music, like Salsa, Merengue, Cumbia and Reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults will enjoy the camaraderie, excitement and fitness that Zumba Gold has to offer. It's a dance-fitness class that feels friendly, and most of all, is fun!

Instructor: Chiquy and Teresa

Location: Gymnasium

| Date | Day | Time | Age |
|---------|-----|-----------|-----|
| Ongoing | W | 10am-11am | All |

Resident: \$8 / CRC Member: Free

Non Resident: \$10 / CRC Member: Free



FITNESS FOR ARTHRITIS

This exercise program is designed specifically for people with arthritis and uses gentle activities to help increase joint flexibility and range of motion, as well as muscle strength. Participants previously enrolled in the program have experienced such benefits as increased functional ability, decreased pain and decreased depression.

Instructors: Alison Macmillan

Location: Centennial Recreation Senior Center/Teen Center

| Date | Day | Time | Age |
|---------|-------|-----------|-----|
| Ongoing | T / F | 9am-10am | 50+ |
| | | 10am-11am | 50+ |



Drop-in: \$2 / CRC Member: Free

AQUATIC FITNESS CLASSES

See page 12 for class information.

CHAIR YOGA

A gentle yoga class that focuses on breath awareness, stretching, strengthening and meditation while using the chair to either sit in or stand next to while enjoying the benefits of yoga.

Instructor: Amy McElroy

Location: Centennial Recreation Senior Center, Activity Room 1

| Date | Day | Time | Age |
|---------|-----|-----------------|-----|
| Ongoing | T | 10:30am-11:30am | 50+ |
| Ongoing | F | 10am-11am | 50+ |

Resident: \$8 / CRC Member: Free

Non Resident: \$10 / CRC Member: Free



50+ PILATES

This is a mat-based workout, specially designed for the older adult, which will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength, and improve flexibility.

Instructor: Melissa Profio (Monday, Mira Monte Room at CCC) and Theresa Monsour (Thursday, Group Exercise Room at CRC)

Location: Community and Cultural Center

| Date | Day | Time | Age |
|---------|-----|-----------|-----|
| Ongoing | M | 10am-11am | 50+ |
| Ongoing | TH | 10am-11am | 50+ |

Location: Centennial Recreation Center

| Date | Day | Time | Age |
|---------|-----|----------------|-----|
| Ongoing | TH | 2:15pm-3:15 pm | 50+ |

Resident: \$8 / CRC Member: Free

Non Resident: \$10 / CRC Member: Free



50+ YOGA

A class designed for 50+ adults that focuses on stretching, breath awareness and meditation.

Instructor: Yvette Doublet-Weislak

Location: Centennial Recreation Senior Center, Activity Room 1

| Date | Day | Time | Age |
|---------|-----|-----------|-----|
| Ongoing | TH | 10am-11am | 50+ |

Resident: \$8 / CRC Member: Free

Non Resident: \$10 / CRC Member: Free



50+ FUNCTIONAL FITNESS

This group exercise class provides a supportive and safe environment to help increase one's strength, flexibility and balance. This class is taught by our fitness specialists with an expertise in working with active older adults. Instruments that will help participants maintain and increase strength, flexibility and balance include chairs, lightweight handheld dumb bells, resistance tubing and stability balls. Balance exercises may also include extensions of legs from chairs or performing wall squats with the use of a stability ball.

Instructor: Alison J. Macmillan

Location: Centennial Recreation Center, Aerobics Room

| Date | Day | Time | Age |
|---------|-------|---------|-----|
| Ongoing | M/W/F | 1pm-2pm | 50+ |

Resident: \$8 / CRC Member: Free

Non Resident: \$10 / CRC Member: Free



TAI CHI

Tai Chi is a group recreational exercise program designed to provide people of all ages and a wide range of physical abilities with a "joint friendly" exercise alternative. Our program uses Sun-Style Tai Chi, one of the discipline's five major recognized styles. This style is particularly supportive of joint health because it includes agile steps, high stances, gentle movements, and relaxed breathing. Please check with the Senior Center Welcome Desk for availability.

Instructor: Jerrienne Kuehn

Location: Centennial Recreation Senior Center, Teen Center

Tai Chi for Diabetes is held at 8:45am; Advanced Tai Chi is held at 9:45am; Beginning Tai Chi is held at 10:45am.

| Date | Day | Time | Age |
|---------|-----|-------------------------|-----|
| Ongoing | W | 8:45am-9:40am(Diabetes) | 50+ |
| Ongoing | W | 9:45am-10:40am(Adv) | 50+ |
| Ongoing | W | 10:45am-11:50am(Beg) | 50+ |

Resident: \$2 / CRC Member: Free



50+ OUTDOOR WALKING GROUP

Discover the beautiful outdoors of Morgan Hill while walking at a moderate pace with fellow walkers. Average walk is 2-3 miles. Facilitated by CRC Volunteers. Please call the Senior Center Welcome Desk to confirm time.

Location: Centennial Recreation Senior Center, Lobby

| Date | Day | Time | Age |
|---------|-----|---------------|-----|
| Ongoing | M-F | 8:30am-9:30am | 50+ |

Drop-in: Free

50+ AEROBICS

Improve your strength, balance, flexibility, and cardio-vascular system with this fun non-impact exercise program. Lively music encourages vigorous group participation, but each person works in his or her own target heart range. Low-impact aerobics is a particularly good way for beginners to get started in an exercise program.

Instructor: Julie Houle

Location: Centennial Recreation Senior Center, Gymnasium

| Date | Day | Time | Age |
|---------|------|--------------|-----|
| Ongoing | T/TH | 10am-10:55am | 50+ |

Drop-in: \$3 / Free for CRC Members

(\$30 punch pass available)



WII BOWLING

Calling all bowlers (and wannabe bowlers)! This video game is so realistic you'll think you're at the bowling alley. Come and enjoy an afternoon of bowling with our large screen and great sound system. It's easy to learn and no prior experience is necessary. Your grandkids will be very impressed!

Location: Centennial Recreation Senior Ctr, Multipurpose Room

| Date | Day | Time | Age |
|---------|-----|---------|-----|
| Ongoing | W | 1pm-3pm | 50+ |

Drop-in: Free

TRX LITE

This 45-minute class is designed for those who want to gain strength and increase balance using the TRX straps. This class is ideal for those who are working around an injury, are new to exercise, or have limited mobility. The instructor will pay close attention to your form and execution of exercises to ensure you are getting the most effective and safe workout.

Instructor: Janet Bouton (Wednesday) and Jill Sanders (Friday)

Location: Gymnasium

| Date | Day | Time | Age |
|---------|-----|--------------|-----|
| Ongoing | W | 12pm-12:45pm | All |
| Ongoing | F | 12pm-12:45pm | All |

Resident: \$8 / CRC Member: Free

Non Resident: \$10 / CRC Member: Free



BOCCE BALL

Thanks to the Rotary Club of Morgan Hill and Techcon Construction Company, our community has a beautiful oyster bed Bocce Ball court that is used by our seniors and anyone of any age and ability! This Italian game is similar to lawn bowling and uses softball sized balls that are easy to handle, particularly for those who are no longer able to handle bowling balls. Like the more commonly known game of horseshoes, the main goal is to simply throw or roll your bocce balls closer to a target ball than your opponent's, but like croquet, players can knock each others' balls away from the target.

Location: Centennial Recreation Senior Center, Patio

| Date | Day | Time | Age |
|---------|-------|---------|-----|
| Ongoing | Daily | 8am-3pm | All |

Drop-in: Free

Note: The Bocce Ball court is reserved for Senior Center participants Monday-Friday 8:00am-3:00pm. The court is open to the public outside of Senior Center hours and when the Senior Center is closed. Court reservations can be made daily at the court and balls can be checked out at the Senior Center.

ROTATING ART EXHIBIT

Come walk through the halls of the Senior Center and enjoy the talents of our local community artists.

Cards and Games

CARD GAMES

Drop in Card Games: includes Bridge, Pinochle, Rummy, Quiddler and others.

Location: Centennial Recreation Senior Center, Lobby

| Date | Day | Time | Age |
|---------|-----|---------|-----|
| Ongoing | M-F | 1pm-3pm | 50+ |

Drop-in: Free

MEXICAN TRAIN DOMINOES

Let's connect those dots! Join us for this popular domino game, which got its name from a special optional train that belongs to all players.

Location: Centennial Recreation Senior Center

| Date | Day | Time | Age |
|---------|-----|---------|-----|
| Ongoing | Th | 1pm-3pm | 50+ |

Drop-in: Free

DUPLICATE BRIDGE

Join our large group of Bridge players who pair up with a partner to play the challenging game of Duplicate Bridge.

Facilitator: Winston Stone

Location: Centennial Recreation Senior Center, Multipurpose Room

| Date | Day | Time | Age |
|---------|------------------|-------------|-----|
| Ongoing | M | 6:30pm-10pm | All |
| Ongoing | Every 3rd Sunday | 12pm-4pm | All |

Drop-in: \$6

BILLIARDS/PING-PONG

Interested in picking up a game of eight or nine ball or catching a quick game of ping-pong? Billiard and ping-pong tables are available for open play during Senior Center hours.

Location: Centennial Recreation Senior Center, Teen Center

| Date | Day | Time | Age |
|---------|-----|----------|-----|
| Ongoing | M-F | 12pm-3pm | 50+ |

Drop-in: Free

TUESDAY NIGHT BINGO AT THE COMMUNITY AND CULTURAL CENTER

This large-scale BINGO program, facilitated by the Friends of the Morgan Hill Senior Center operates throughout the year to raise funds for the sustainability of the Senior Centers programs and services. Games consist of Bingo, pulltabs and flash cards. Snack bar and free coffee are available. Doors open at 4:15pm. Early bird games begin at 5:45pm.

Location: Community and Cultural Center, Hiram Morgan Hill Room

| Date | Day | Time | Age |
|---------|---------------|---------------|--------|
| Ongoing | Every Tuesday | 6:30pm-9:30pm | 18yrs+ |

Drop-in: \$20 minimum paper buy-in; \$30 electronic paper buy-in

BINGO AT THE SENIOR CENTER

Come and meet new people while enjoying the fun game of BINGO! Winnings consist of donated prizes, no cash.

Location: Centennial Recreation Senior Center, Multipurpose Room

| Date | Day | Time | Age |
|---------|-----|-----------------|-----|
| Ongoing | M/W | 10:30am-11:30pm | 50+ |
| Ongoing | TH | 10:30am-11:30am | 50+ |

Drop-in: \$1

SCRABBLE

Boost your brain power with the challenging and fun game of Scrabble!

Facilitator: Elaine Reimer

Location: Centennial Recreation Senior Center

| Date | Day | Time | Age |
|---------|-----|-----------|-----|
| Ongoing | W | 10am-12pm | 50+ |

Drop-in: Free

Dancing

LINE DANCING

Have you always wanted to learn to Line Dance, but felt intimidated by the large class of those who seemed to already know what they were doing? If so, this is the class for you! Beginner and experienced dancers welcome!

Instructor: Lou Jenner

Location: Centennial Recreation Senior Center, Multipurpose Room

| Date | Day | Time | Age |
|---------|-----|---------|-----|
| Ongoing | T | 1pm-3pm | 50+ |

Drop-in: \$2

Singing, Music and Entertainment

FRIDAY MOVIE MATINEE

Movie lovers will enjoy our Friday movies at the Senior Center. Spend the afternoon relaxing while watching movies on a large movie screen! Contact the Senior Center or refer to the monthly newsletter for a monthly calendar of scheduled movies.

Location: Centennial Recreation Senior Center, Multipurpose Room

| Date | Day | Time | Age |
|---------|--------------|---------|-----|
| Ongoing | Every Friday | 1pm-3pm | 50+ |

Drop-in: Free

Photography Programs

PHOTOGRAPHY CLUB

Photographers of all levels of experience and skill are invited to club meetings. If you want to learn more about photography and meet other local photographers, please join us. We are a very social and friendly group that always welcomes guests and new members.

Facilitator: George Ziegler

Location: Centennial Recreation Senior Center, Multipurpose Room

| Date | Day | Time | Age |
|---------|---------------|---------|-----|
| Ongoing | 1st Wednesday | 7pm-9pm | All |

Drop-in: \$20 annual dues fee

Computer Programs

50+ ADULT PUBLIC COMPUTERS

The Centennial Recreation Center provides a quiet room with access to computers and internet access. Membership is not required.

Location: Centennial Recreation Senior Center, Computer Room

Specified 50+ Adult Only Designated Hours:

| Date | Day | Time | Age |
|---------|-----|---------|-----|
| Ongoing | M-F | 8am-3pm | 50+ |

Drop-in: Free

COMPUTER HELP

LEARN TO USE A DESKTOP, LAPTOP, TABLET OR SMARTPHONE

Do you have a new laptop, tablet or smart phone and you're not sure how to use it to its full potential? Keep yourself connected by learning how to send and receive text messages, use mobile email and the web, share photos, Skype and download apps. This volunteer facilitated drop in center will help you to unlock and explore the many features of your laptop or mobile device.

Prerequisites: No experience is necessary. Bring your laptop, tablet computer, or smartphone.

Instructor: Volunteers

Location: Centennial Recreation Senior Center, Activity Room 1

| Date | Day | Time | Age |
|---------|-----|----------|-----|
| Ongoing | W | 12pm-3pm | 50+ |

Special Services & Interests

SENIOR PRODUCE MARKET

In partnership with Episcopal Senior Communities, the Department of Public Health, and the Health Trust, the YMCA has its very own produce market at the CRC! While the intent is to provide produce that is accessible and affordable to older adults, this market is open for all ages. The market runs all year long with a large selection of seasonal fruits and vegetables. Produce is sold at cost and recipes are available to match the produce of the day.

Location: Centennial Recreation Senior Center, CRC Main Lobby

| Date | Day | Time | Age |
|---------|------------|----------------|-----|
| Ongoing | Wednesdays | 9:30am-11:30am | All |

HEALTH INSURANCE COUNSELING AND ADVOCACY (HICAP)

Counselors will assist seniors and their families to understand and evaluate the confusing array of insurance options. Counselors assist seniors with comparison charts, insurance plan benefits, cost and limitations, claim or benefit denials and other billing problems. This service is offered at the Senior Center by Sourcewise. They are not affiliated with any insurance company and offer unbiased information solely to aid seniors in making informed decisions about coverage.

Location: Centennial Recreation Senior Center, Activity Room 2

| Date | Day | Time | Age |
|---------|------------------|----------|-----|
| Ongoing | 2nd & 4th Friday | 9am-12pm | 60+ |

Advance appointment required, register at the Senior Center Welcome Desk
Drop-in: Free

SENIOR ADULT LEGAL ASSISTANCE

Free legal assistance for Santa Clara County residents 60+ with problems pertaining to Social Security, Medicare, Medi-Cal, mobile homes, elder abuse and housing.

Location: Centennial Recreation Senior Center, Activity Room 1

| Date | Day | Time | Age |
|---------|----------------------|--------------|-----|
| Ongoing | 2nd and 4th Thursday | 10am-12:30pm | |

Advance appointment required
Drop-in: Free

HAIRCUTS FOR SENIORS

Enjoy being pampered by professional hair stylists and walk away with a fresh new haircut? Cherisse's Hair Salon, voted best hair salon in Morgan Hill and Morgan Hill Chamber of Commerce "Business of the Year 2010", believes in giving back to the community and giving our seniors the latest and greatest in style techniques. Appointments are held and scheduled at the Senior Center every other month. Please contact the Senior Center Welcome Desk to schedule your appointment.

Location: Centennial Recreation Senior Center

| Dates | Time |
|-------------------------------|----------------|
| May 17, July 19, September 20 | 9:30am-11:10am |

By appointment only: \$5

COFFEE WITH THE MAYOR

You are invited to join Mayor Steve Tate for coffee and casual conversation. Have a question or thought that you would like to share with the Mayor? Come chat with him over a cup of coffee.

Location: Centennial Recreation Senior Center, Senior Café

| Date | Day | Time | Age |
|---------|------------------|-----------------|-----|
| Ongoing | One Friday/month | 11:30am-12:30pm | 50+ |

Drop-in: Free

BREATHE CALIFORNIA BETTER BREATHERS CLUB

The Better Breathers Club is designed for people with chronic lung disease such as asthma, emphysema or chronic bronchitis, and their families. This educational program provides the opportunity to learn more about your lung disease through a variety of speakers that can help you breathe easier and improve the quality of your life. This supportive environment offers the chance to share ideas and concerns. The club does not meet during the summer months.

Location: Centennial Recreation Senior Center

Facilitated by Breathe California Staff

| Date | Day | Time | Age |
|---------|-----|--------------|-----|
| May 11 | W | 10am-11:30am | All |
| Sept 14 | W | 10am-11:30am | All |

Drop-in: Free

OUTREACH TRANSPORTATION

Provides transportation services 7 days per week for seniors who are unable to use public transportation due to a disability. Outreach services may be used to access the Centennial Recreation Senior Center. Contact the Senior Center at 408.782.1284 to obtain an application.

INFORMATION AND ASSISTANCE/ SENIOR PEER ADVOCATE

A trained volunteer provides information regarding support services and resources available to South County older adults and caregivers. Facilitated by Nutan Oza, Senior Peer Advocate Volunteer

Location: Centennial Recreation Senior Center

| Date | Day | Time | Age |
|---------|-----|------------------|-----|
| Ongoing | T | 10:30am and 12pm | 50+ |

Drop-in or by appointment: Free

HEARING SCREENING AND HEARING AID CLEANING

The Hearing Center has been providing hearing health care to the Morgan Hill and surrounding communities for over 10 years. An audiologist from their staff will be providing complementary hearing screenings and hearing aid cleaning services every 3rd Wednesday of the month from 10:00am-12:00. Stop by to meet Dr. Sarah Lindberg and get your questions answered.

Drop-in or by appointment: Free

VOLUNTEER OPPORTUNITIES

Volunteers are our greatest resource. We have many volunteer positions available at the Senior Center and within the larger community. Visit the Senior Center for a listing of available opportunities.

FRIENDS OF THE MORGAN HILL SENIOR CENTER

Friends of the Morgan Hill Senior Center consists of a group of volunteers who are committed to raising funds to sustain, grow and develop Morgan Hill's Centennial Recreation Senior Center. Friends of the Morgan Hill Senior Center is part of the Morgan Hill Community Foundation, a tax-exempt 501c3 public charity focused on improving the quality of life in the greater Morgan Hill region. To learn more about the Friends or how you can volunteer to help raise funds for the Centennial Recreation Senior Center, visit www.fmhsc.org or call (408) 310-4254.

INTERESTED IN GETTING INVOLVED? JOIN OUR SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee (SAC) of Morgan Hill is expanding its membership to help support our 50+ population and ensure that Morgan Hill is a community where older adults thrive. The Committee is involved in securing the World Health Organization's (WHO) Age-Friendly City designation. In addition, ensuring programs and services are meeting the current and future needs of our community. If you have an interest in participating in the Senior Advisory Committee or if you would like additional information, please contact: Debbie Vasquez, Older Adult Services Supervisor for the City of Morgan Hill. You can reach her at (408) 310-4254 or by email at Debbie.Vasquez@mhcr.com.

SENIOR CENTER CLASS PASS

Get the best bang for your buck! Purchase a class pass to pay for your drop in classes instead of paying each time you come. Senior Center class passes are available for sale at the Senior Center Welcome Desk. You will receive 11 \$2 punches, a \$22 value for just \$20 or 11 \$3 punches, a \$33 value for just \$30.

Parks and Fields



PICNIC AREA AND SPORT FIELD RESERVATIONS

Many of our parks have picnic areas and sport fields that are available to reserve. To make a reservation, complete a reservation request form at least 7 days prior to your event.

Park reservation forms are available at the Centennial Recreation Center, Community and Cultural Center or on-line at the City's website at www.mhrecreation.com.

Community Park Large Gazebo Area Reservation Fees

Resident: \$60/day
Non-resident: \$110/day

Community Park Stage Area

Reservation Fees

Resident: \$47/day
Non-resident: \$84/day

Picnic Area Reservation Fees

Resident: \$47/day
Non-resident: \$84/day

For more information, please call 408.782.0008

Sport Field / Tennis Court Reservation Fees

Resident: \$5/hr (minimum \$27)
Non Resident: \$6/hr (minimum \$44)
Lights: \$8/hr

For more information, please call 408.310.4285.

Special Event Permit

To reserve a park for a special event a Special Event Permit is required. Special events are those events that meet any of the following criteria:

- Will have 50 or more people in attendance
- Have a jump house
- Have entertainment/amplified music
- Alcohol or food sales
- Charging an entry fee

A Special Event Permit application must be completed no later than 60 days before the date of the event. Special Event Permits are available online at the City's website at www.mhrecreation.com

Special Event Permit Fees

Under 500 people in attendance: \$239*
500 people or more in attendance: \$674*

For more information, please contact Nichole Martin at 408.310.4694 or nichole.martin@morganhill.ca.gov

Events under 250 people in attendance with no major street closures, please contact Caitlin Kozacek at 408.310.4250 or caitlin.kozacek@morganhill.ca.gov

*Rates are subject to change.

MORGAN HILL SKATEBOARD/BMX PARK

The Morgan Hill Skate/BMX Park was built by the City of Morgan Hill for the enjoyment of the community. The 15,000 square foot facility is designed for skateboarding, BMX and scooter riding with a variety of features including a unique bowl as well as an exciting street section. The facility is staffed and a signed participant application/liability release form is required to use the Park.

SKATE PARK HOURS

| | |
|------------------------------------|------------------|
| School Days | 3pm – Sunset |
| Weekends/Non School Days | 9:30am – Sunset |
| Tuesday Lunch Hour BMX/Scooter | 11:30am -1:30pm |
| Wednesday Lunch Hour Skateboarding | 11:30am – 1:30pm |

DESIGNATED SKATEBOARD AND BMX/SCOOTER DAYS/TIMES

| | |
|---------------------|---------------|
| Monday | BMX/Scooter |
| Tuesday | Skateboarding |
| Wednesday | BMX/Scooter |
| Thursday | Skateboarding |
| Friday | BMX/Scooter |
| Saturday 9:30am-1pm | BMX/Scooter |
| Saturday 1pm-Sunset | Skateboarding |
| Sunday 9:30am-1pm | Skateboarding |
| Sunday 1pm-Sunset | BMX/Scooter |

SCHEDULED SKATE AND BMX/SCOOTER TIMES

Due to the increased risk for injury, skateboards and bikes/scooters are not allowed in the park at the same time.

SAFETY REQUIREMENTS*

All users are required to wear, and secure, the following safety equipment while using the Park:

1. Helmet
2. Kneepads
3. Elbow pads

*For adequate protection participants should have their own safety equipment that is properly sized. Safety Equipment that is too small or too large may not protect you from injury.

PARTICIPANT APPLICATION

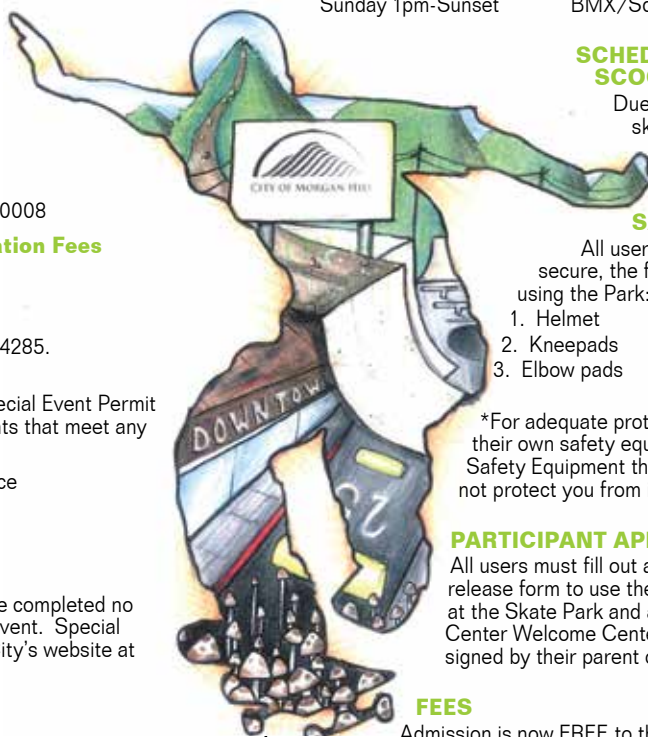
All users must fill out a participant application/liability release form to use the park. Applications are available at the Skate Park and at the Centennial Recreation Center Welcome Center. Minors must have the form signed by their parent or legal guardian.

FEES

Admission is now FREE to the Skate/BMX Park.

CONTACTS

The Morgan Hill Skateboard/BMX Park is a staffed facility. Park Attendants are on duty during open park hours. For more information, please contact the Centennial Recreation Center at 408.782.2128 or via email: mhskatebmxpark@morganhill.ca.gov



Parks and Fields

CITY PARKS AND RECREATION FACILITIES

| | Total Park Acres | Play Equipment | Small Picnic Area | Reservable Group Picnic Area | Restrooms | Ball Fields | Multi-Purpose Sports Fields | Basketball | Volleyball | Handball | Tennis | Dog Park | Pool / Sprayground |
|-------------------------------|------------------|----------------|-------------------|------------------------------|-----------|-------------|-----------------------------|------------|------------|----------|--------|----------|--------------------|
| Aquatics Center | 8 | | | * | * | | | | | | | | * |
| Belle Estates | 0.5 | * | | | | | | | | | | | |
| Centennial Recreation Center | 8 | | | | * | | | 2 | 2 | | | | * |
| Community and Cultural Center | 6 | * | | | * | | | | | | | | * |
| Community Park | 24 | * | * | * | * | 4 | | 1 | | | 8 | * | |
| Diana Estates | 0.5 | | | | | | | 1/2 | | | 1 | | |
| Diana Park | 3 | * | * | | | | | 1/2 | | | | | |
| Galvan Park | 7 | * | * | * | * | 1 | 2 | | | 1 | | | |
| Hamilton Square | 0.6 | * | * | | | | | 1/2 | | | | | |
| Howard Wiechert Park | 1 | * | | | | | | 1/2 | | | | | |
| Jackson Park | 1 | * | * | | | | | | | | | | |
| Library Tot Lot | 0.1 | * | | | | | | | | | | | |
| Mill Creek | 0.9 | * | * | | | | | | | | | | |
| Nordstrom Park | 4 | * | * | | | | | 1/2 | | | | | |
| Oak Creek | 3.5 | * | * | | | | | 1/2 | | | 1 | | |
| Outdoor Sports Center | 38 | | | | * | | 11 | | | | | | |
| Paradise Park | 15 | * | * | | | 1 | 2 | | | | | | |
| Rose Haven | 0.7 | * | * | | | | | 1/2 | | | | | |
| Sanchez Park | 0.1 | * | | | | | | | | | | | |
| Skate Park | 1 | | | | * | | | | | | | | |
| Stonecreek | 1.0 | * | * | | | | | 1/2 | | | | | |

MORGAN HILL OUTDOOR SPORTS CENTER



Outdoor Sports Center

www.mhosc.com • 16500 Condit Road, Morgan Hill

The Outdoor Sports Center is now operated by Morgan Hill Youth Sports Alliance (MHYSA).

For field scheduling and reservations please contact MHYSA at 408.778.3900 or reservations@mhosc.com

For advertising opportunities at the OSC please contact Jeff Dixon at 408.375.8804.



REGISTRATION FORM



| HOW TO REGISTER | | |
|---|---|--|
| WALK-IN Registrations are processed during normal business hours at the Aquatics Center, Centennial Recreation Center and Community and Cultural Center | REGISTER ONLINE Register for any class online mhreconline.com | PHONE/FAX-IN Phone-in registrations are accepted from previous customers with a signed liability release on file. Call 408.782.2128. Fax-in registrations may be sent to 408.778.8286 |
| Questions: Please call the Centennial Recreation Center at 408.782.2128 | | |

| CONTACT INFORMATION | | | | | | |
|--|----------|-----------|-------------|--------------|-----------|--|
| NAME (ADULT): | | | | HOME PHONE : | | |
| <input type="checkbox"/> PARENT <input type="checkbox"/> GUARDIAN <input type="checkbox"/> GRANDPARENT <input type="checkbox"/> SELF | | | | WORK PHONE : | | |
| ADDRESS/CITY/ZIP: | | | | CELL PHONE: | | |
| E-MAIL ADDRESS: | | | | EMERGENCY: | | |
| PARTICIPANT'S FIRST & LAST NAME | MEMBER # | BIRTHDATE | CLASS TITLE | ACTIVITY # | FEE | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| TOTAL FEE: | | | | | \$ | |

| PAYMENT INFORMATION | |
|---|--|
| <input type="checkbox"/> Cash | <input type="checkbox"/> Check (payable to "City of Morgan Hill") |
| <input type="checkbox"/> Credit Card I hereby authorize the use of my: <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard ACCOUNT NO. _____ | |
| PRINT NAME (as it appears on card): _____ | EXPIRATION DATE (MO/YR): _____ |

| POLICIES & GUIDELINES |
|--|
| <p>OPEN REGISTRATION: Our approach to registration is intended to allow equal admittance to all Morgan Hill residents. All registrations are taken on a first-come first-serve basis. The City of Morgan Hill Community Services Department offers open registration for each class held.</p> <p>CLASS CANCELLATION: The City of Morgan Hill reserves the right to cancel any class that does not meet the set minimum enrolment. Please register early to avoid class cancellations. We will notify you of a cancellation prior to the scheduled start date.</p> <p>CLASS REFUND POLICY: All refund requests must be submitted in writing to the Centennial Recreation Center. Refunds will be issued for class cancellations received at least 7 business days prior to the start of the class. No refunds will be given for cancellations made less than 7 business days prior to the first day of class. When the class fee is paid by cash or check, there is a 3 week waiting period before the refund check will be processed and mailed. Credit card refunds will be credited back to the original card account within one week of receiving the refund request.</p> <p>FINANCIAL ASSISTANCE: Financial assistance is available upon request. Contact the Centennial Recreation Center at 408.782.2128.</p> |

| LIABILITY RELEASE |
|---|
| <p>IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA and City of Morgan Hill (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in recreation programs including classes where the participants supply their own equipment, or participation in any off-site program affiliated with the YMCA or City of Morgan Hill, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA or City of Morgan Hill for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgment that such premises and all facilities and equipment, including equipment supplied by the participant, thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.</p> <p>IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA AND CITY OF MORGAN HILL FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE RECREATION PROGRAM AFFILIATED WITH THE YMCA OR CITY OF MORGAN HILL, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:</p> <ol style="list-style-type: none"> 1. THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, AND DISCHARGES the YMCA, its directors, officers, employees, and agents, and City of Morgan Hill elected officials, officers, employees, agents and representatives (hereinafter referred to as "releasees") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment, including equipment supplied by the participant, therein or participating in any program affiliated with the YMCA or City of Morgan Hill. 2. THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY CONVENANTS NOT TO SUE either the YMCA, its directors, officers, employees, and agents, or City of Morgan Hill elected officials, officers, employees, agents and representatives (hereinafter referred to as "releasees") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment, including equipment supplied by the participant, therein or participating in any program affiliated with the YMCA or City of Morgan Hill. 3. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon or about the YMCA or City of Morgan Hill premises or in any way observing or using any facilities or equipment, including equipment supplied by the participant, of the YMCA or City of Morgan Hill or participating in any program affiliated with the YMCA and City of Morgan Hill whether caused by the negligence of the releasees or otherwise. 4. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releasees or otherwise while in, about or upon the premises of the YMCA or City of Morgan Hill and/or while using the premises or any facilities or equipment, including equipment supplied by the participant, thereon or participating in any program affiliated with the YMCA or City of Morgan Hill. 5. THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY consents to and authorizes the use and reproduction of any and all photographs and video which have been taken of the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for the promotional purposes of the YMCA and City of Morgan Hill, or anyone authorized by the YMCA or City of Morgan Hill. The undersigned understands that no reimbursement will be given for allowing the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin's photo or video to be taken and the use of the photo or video. <p>THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.</p> <p>THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made. I HAVE READ THIS RELEASE.</p> <p><input type="checkbox"/> Participant <input type="checkbox"/> Parent/Guardian SIGNATURE: _____ DATE: _____</p> |



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Questions? reg@tftsv.org or 408-288-2937



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www.morganhillhistoricalsociety.org

www.facebook.com/morganhillhistoricalsociety

One Week SUMMER CAMP!

Carol Romo and Theaterfun Present



July 11 - July 15

10am - 4pm

Ages 6-17

We will be auditioning, getting parts, scripts and CDs.

Lots of acting, singing and dancing!

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Register now by calling Carol at 408.778.6231 or e-mail Carolromo@theaterfun.com

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See page 24-29

